

Mining in hot work areas during summer can cause serious health issues for miners. Everyone needs to recognize the hazards of heat stress and mine operators should provide heat-stress recognition training, monitoring, and personal protective equipment.

40

45

55

60 82 84 88 91

65 82 85 89

70 75

80 84 89 94

85

90

95

50 81 83 85 88 91 95

Relative Humidity

NWS Heat Index

80 82 84 86 88

89

93 97

100 106 113 121

84 88 92 97 103 109 116 124

102 110 117

105 113 122

93 98 103 108 114 121

95 100 105 112 119

80 81 83 85 88 91 80 82 84 87 89 93

81 84 86

85 90 96

86 91 98

Caution

86 93 100 108 117

83 86 90



- Skin is hot, usually dry, red or spotted.
- Body temperature is over 105° F.
- Victim may be confused. The face may be pale or flushed.
- Muscle cramps from loss of sodium.



Heat Stress Prevention:

Extreme Caution

Temperature (°F)

95 100 105 110 116 123 129

Likelihood of Heat Disorders with Prolonged Exposure or Strenuous Activity

90 92 94 96 98 100 102 104 106 108 110

96 100 104 109 114 119 124

99 103 108 113 118 124 131

101 106 112 117 124 130

• Provide cool drinking water near miners.

Danger

Extreme Danger

- Encourage miners to drink a cup of water every 15 to 20 minutes.
- Avoid drinks with caffeine and large amounts of sugar.
- Use sunblockers, proper protective clothing and shade.
- Use administrative controls to rotate miners on hot jobs.
- Schedule heavy tasks during cooler times of the day.

Treat Symptoms:

DO:

- + Remove the miner from the hot area.
- + Apply cool wet cloths.
- + Give water if miner is awake.
- + Seek medical attention if there is no improvement.

DO NOT:

- Apply ice directly to the skin.
- Allow the miner to become so cold that shivering develops.
- Leave the miner alone.