Prevent Heat Illness at Work
Mines can be hot work sites.

Ways to Protect Yourself and Others

Ease into Work. Nearly 3 out of 4 fatalities from heat illness happen during the first week of work.

- ✔ New and returning workers need to build tolerance to heat (acclimatize) and take frequent breaks.
- ✔ Follow the 20% Rule. On the first day, work no more than 20% of the shift’s duration at full intensity in the heat. Increase the duration of time at full intensity by no more than 20% a day until workers are used to working in the heat.

Drink Cool Water
Drink cool water even if you are not thirsty — at least 1 cup every 20 minutes.

Take Rest Breaks
Take enough time to recover from heat given the temperature, humidity, and conditions.

Find Shade or a Cool Area
Take breaks in a designated shady or cool location.

Dress for the Heat
Wear a hat and light-colored, loose-fitting, and breathable clothing if possible.

Watch Out for Each Other
Monitor yourself and others for signs of heat illness.

If Wearing a Respirator
Verbally check on workers frequently if they are wearing a respirator or other personal protective equipment.

First Aid for Heat Illness

The following are signs of a medical emergency!

- Abnormal thinking or behavior
- Slurred speech
- Seizures
- Loss of consciousness

1 ➤ CALL 911 IMMEDIATELY
2 ➤ COOL THE WORKER RIGHT AWAY WITH WATER OR ICE
3 ➤ STAY WITH THE WORKER UNTIL HELP ARRIVES

Watch for any other signs of heat illness and act quickly. When in doubt, call 911.

If a worker experiences:
Headache or nausea
Weakness or dizziness
Heavy sweating or hot, dry skin
Elevated body temperature
Thirst
Decreased urine output

Take these actions:
» Give water to drink
» Remove unnecessary clothing
» Move to a cooler area
» Cool with water, ice, or a fan
» Do not leave alone
» Seek medical care if needed

For more information: 1-800-321-OSHA (6742)

Federal law entitles you to a safe workplace. You have the right to speak up about hazards without fear of retaliation. See www.osha.gov/workers for information about how to file a confidential complaint with OSHA and ask for an inspection.