

Extreme Heat Awareness

Heat stress is a serious challenge to the safety and health of miners. High temperatures combined with humidity and slow air movement expose miners to heat-related illnesses and injury.

Miners are at risk whether working outdoors on a mine site, in an underground mine or in a processing plant or refinery.



Heat stress can lead to heat-related illness symptoms such as heat rash, cramps, fatigue, dehydration, heat exhaustion, or life-threatening heat stroke.

Heat-related illnesses are preventable. Here is what to do when working in high heat or humidity environments:



- Take rest breaks.** Recover in a cool, shaded area.
- Stay hydrated.** Drink cool water regularly.
- Wear appropriate clothing.** Wear loose-fitting, lightweight and moisture-wicking clothing.
- Acclimatization.** Follow a six-day acclimatization schedule to work in a hot work site.
- Improve ventilation and airflow.** When appropriate, use fans, air conditioners or cooling towers to provide fresh air to lower temperatures.



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