



# Heat Related Illness Prevention

The Next Three Seconds Protects Your Life, Your Loved Ones, Your Livelihood

**The N3L3 philosophy:**  
our approach to helping workers avoid fatal and life-changing injuries by alerting their instincts so they always pause and “think safety” before moving forward.

*Eastern Alliance is here to help. To learn more about Eastern’s N3L3 program and access other safety resources, sign in and visit the Risk Management Resource Center on [www.eains.com](http://www.eains.com), or contact your Risk Management Consultant for assistance*

**1.855.533.3444**

Eastern’s N3L3 Program discusses how the mind can easily be tricked into thinking we are safe or nothing bad will happen because we have done something so many times without a negative outcome. It is human nature to continue the same routine, day in and day out, thinking nothing bad will happen. Too often we see that employers assume their employees know when they need to take a break, or know when they need water. Unfortunately this assumption often results in a life changing event such as a heat stroke or fatality. The purpose of this alert is to proactively provide heat stress information to share with your employees to help avoid a workplace injury that can forever impact your Life, Livelihood or Loved ones.

Things are starting to warm up at Eastern Alliance. As summer approaches our Risk Management Department has taken a proactive approach to remind employers and employees of the risk associated with summer weather. Physically demanding work plus long days with hot temperatures puts workers at risk for Heat-Related Illnesses including: Heat Cramps, Heat Rash, Heat Exhaustion and Heat Stroke. As the summer months draw nearer and temperatures begin to rise, now is the time to prepare for hot weather hazards and develop strategies for protecting employees.

## What kind of heat disorders can occur?

- **Heat stroke** is the most serious disorder associated with heat stress. It occurs when the body’s temperature regulation fails and body temperature rises to critical levels. It’s a medical emergency that can lead to death.  
  
The early symptoms of heat stroke include a high body temperature (103 degrees F); a distinct absence of sweating (usually); hot red or flushed dry skin; rapid pulse; difficulty breathing; constricted pupils; any/all signs or symptoms of heat exhaustion such as dizziness, headache, nausea, vomiting, or confusion, but more severe; bizarre behavior; and high blood pressure. Advanced symptoms may be seizure or convulsions, collapse, loss of consciousness, and a body temperature of over 108° F.
- **Heat exhaustion** is a result of the combination of excessive heat and dehydration. Untreated, heat exhaustion can lead to heat stroke. The symptoms of heat exhaustion include: headache, heavy sweating, intense thirst, dizziness, fatigue, loss of coordination, nausea, impaired judgment, loss of appetite, hyperventilation, tingling in hands or feet, anxiety, cool moist skin, weak and rapid pulse (120-200), and low to normal blood pressure.
- **Heat cramps** are usually the result of hard physical labor in a hot environment, often resulting from an imbalance of electrolytes in the body.
- **Heat rashes** are a common problem resulting from persistent wetting of clothing by unevaporated sweat.





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## How to Avoid Heat-Related Illnesses:

- Stay Hydrated!! Drink plenty of cold water! It is recommended about 1 cup every 15 minutes, even if you’re not thirsty. You should avoid alcohol, caffeinated drinks and heavy meals.
- Wear lightweight, light colored, loose-fitted clothing. Depending on the environment workers may need to wear long-sleeves and a hat.
- Take frequent, short breaks. Rest in cool, shaded areas.
- Pace yourself and schedule strenuous work for cooler parts of the day. As days grow hotter rest breaks and hydration should increase accordingly.
- Acclimate yourself by gradually increasing the length and intensity of work in hot environment.

## What to do if you notice Heat Exhaustion or Heat Stroke?

- Immediately call 911
- Safely transfer the worker to a cool, shaded area
- Immediate, aggressive cooling — provide cold fluids water/electrolyte (if alert) to the worker. If conscious include spraying, sponging or showering the worker with water
- Fan air on worker; cold packs in armpits, forehead, behind neck
- Stay with worker until help arrives

