



## ILA-USMX JOINT SAFETY COMMITTEE

OSH Circular 2019-06 (15 June 2019)

### Beating The Heat

**OSHA® QUICK CARD™**

### Protecting Workers from Heat Stress

**Heat Illness**

Exposure to heat can cause illness and death. The most serious heat illness is heat stroke. Other heat illnesses, such as heat exhaustion, heat cramps and heat rash, should also be avoided.

There are precautions that can be taken any time temperatures are high and the job involves physical work.

**Risk Factors for Heat Illness**

- High temperature and humidity, direct sun exposure, no breeze or wind
- Heavy physical labor
- No recent exposure to hot workplaces
- Low liquid intake
- Waterproof clothing

**Symptoms of Heat Exhaustion**

- Headache, dizziness, or fainting
- Weakness and wet skin
- Irritability or confusion
- Thirst, nausea, or vomiting

**Symptoms of Heat Stroke**

- May be confused, unable to think clearly, pass out, collapse, or have seizures (fits)
- May stop sweating

**To Prevent Heat Illness:**

- Establish a complete heat illness prevention program.
- Provide training about the hazards leading to heat stress and how to prevent them.
- Provide a lot of cool water to workers close to the work area. At least one pint of water per hour is needed.

**For more information:**

**OSHA®** Occupational Safety and Health Administration  
www.osha.gov (800) 321-OSHA (6742)

OSHA 3164-008 2017

With Summer nearly here, it's a good time to think about the hot, humid weather conditions that longshore and marine terminal workers must deal with each year.

Depending upon a number of factors, hot weather conditions effect each of us in a different manner. What we share in common, however, is the inability to be continually subjected to high heat and humidity levels without being impacted adversely.

Here in the U.S., OSHA has recognized the associated hazards and while there is no specific standard or regulation that the agency enforces, it has cited employers under the Occupational Safety & Health Act's General Duty Clause whenever Heat Stress hazards are not fully considered and effectively dealt with.

The agency has also published a "Quick Card", designed to provide information to workers and managers that will be useful in protecting each of us working on the waterfront against the sometimes deadly effects of Heat Stress.

Here's a link to it: [Heat Stress Quick Card](#)

Got an OSH-related question? Write to the JSC at: [blueoceana@optonline.net](mailto:blueoceana@optonline.net)

### Working Together For The Benefit Of All

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