

SB026 - Working in the Heat

Are you in Danger?

Every year, thousands of workers in the U.S. suffer heat-related illnesses, with construction being the most affected industry. Heat stroke is the most serious illness and can be fatal. Call 911 if symptoms such as confusion, loss of consciousness, or hot, dry skin appear, and cool down immediately.

You are at Risk if You:

- Work in hot and humid conditions
- Perform heavy physical labor
- Wear equipment that limits airflow

Signs of Heat Stroke Include:

- Confusion or difficulty speaking
- Loss of consciousness
- Heavy sweating or hot, dry skin
- Very high body temperature



Heat Stroke Is a Medical Emergency

When in Doubt, cool the worker and call 911

Move the worker to a cool area, remove extra clothing, and begin cooling them immediately. Submersion or other methods to wet the skin with ice water are most effective.



Protect Yourself and Others!

- Recognize and respond to heat-related illnesses
- Report symptoms quickly to a supervisor and learn how to respond in emergencies, including first aid
- If you notice signs of heat exhaustion or heat stroke in yourself or a coworker, begin cooling the person and call 911 immediately
- Drink 1 cup (8 oz.) of water every 15–20 minutes when working in heat
- Do not wait until you're thirsty to drink water
- If you've been sweating for several hours, drink sports beverages with balanced electrolytes
- Avoid alcohol and drinks high in caffeine or sugar
- Take frequent breaks in shaded, cool, or air-conditioned areas
- Remove PPE and extra clothing during breaks to help cool down



Phone (407) 823-6300



EHS@ucf.edu



Office Location

Building 48 3512
Perseus Loop
Orlando, FL 32816-3500