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FOR IMMEDIATE RELEASE

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CAMPAIGN TO PREVENT HEAT ILLNESS IN WORKERS - 2015

SALT LAKE CITY - Utah OSHA is supporting the National Campaign to Prevent Heat Illness in Workers.

Each year, thousands of workers experience heat-related illnesses and many die. **These illnesses and deaths are preventable.** This year, we are focusing on prevention.

The National Institute for Occupational Safety and Health (NIOSH) recommends that employers establish a heat-related illness prevention program that includes the following measures:

- Training supervisors and workers to prevent, recognize and treat heat-related illness
- Implementing a heat acclimation program for workers
- Providing for and encouraging proper hydration with proper amounts of fluids
- Establishing work/rest schedules appropriate for the current heat stress conditions (an industrial hygienist may need to be consulted). A Utah OSHA Consultation industrial hygienist can assist you at no cost, 801-530-6855, <http://www.laborcommission.utah.gov/>
- Ensuring access to shade or cool areas
- Monitoring workers during hot conditions
- Providing prompt medical attention to workers who show signs of heat-related illness.
- Evaluating work practices continually to reduce exertion and environmental stress
- Monitoring weather reports daily and rescheduling jobs with high heat exposure to cooler times of day

Some occupations – such as logging, firefighting, agriculture and construction are at a greater than average risk. Workers who are suddenly exposed to working in a hot environment, new workers, and those returning from time away are especially vulnerable.

Visit the Utah Labor Commission webpage at <http://www.laborcommission.utah.gov/> to learn more about preventing heat-related illness and to find free educational and training resources in both English and Spanish.

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The mission of the Utah Labor Commission, is to achieve safety in Utah's workplaces and fairness in employment and housing. Learn more at www.laborcommission.utah.gov