



Safety Message of the Day for IMEA Members



Protecting Workers from Heat Stress Safety Message

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.

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.

We've had 3 heat related fatalities in the electric utility industry this year