

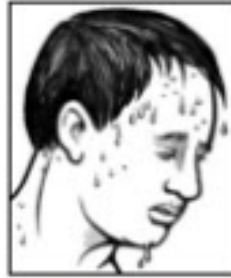
Heat Exhaustion



Dizziness



Headache



Sweaty Skin



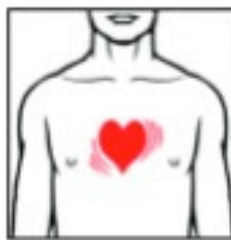
Weakness



Cramps



Nausea,
vomiting



Fast heart
beat

Heat Exhaustion: Outdoor workers include any workers who spend a substantial portion of time outdoors. These workers are at risk of heat-related illness when the heat index is high. Window cleaners are more prone to heat illness than other kinds of jobs due to heat reflection off glass & long periods without access to water.

The body normally cools itself by sweating. During hot weather, especially with high humidity, sweating isn't enough. Body temperature can rise to dangerous levels if you don't drink enough water and rest in the shade. You can suffer from heat exhaustion or heat stroke. In 2014 alone, 2,630 workers suffered from heat illness and 18 died from heat stroke and related causes on the job. Heat illnesses and deaths are preventable.

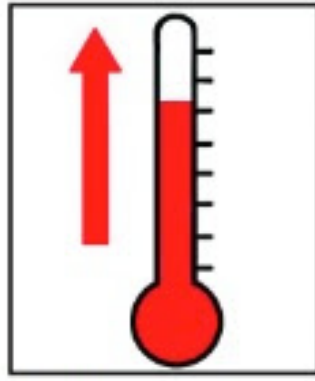
Employers must protect workers from excessive heat, employers are responsible for providing workplaces free of known safety hazards. This includes protecting workers from extreme heat. An employer with workers exposed to high temperatures should establish a complete heat illness prevention program.

Provide workers with water, rest and shade.

Heat Stroke



Red, hot, dry skin



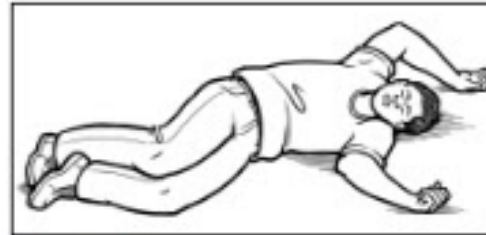
High temperature



Confusion



Convulsions



Fainting

Allow new or returning workers to gradually increase workloads and take more frequent breaks as they acclimatize, or build a tolerance for working in the heat.

Plan for emergencies and train workers on prevention.

Monitor workers for signs of illness.

To prevent heat related illness and fatalities:

- Drink water every 15 minutes, even if you are not thirsty.
- Rest in the shade to cool down.
- Wear a hat and light-colored clothing.
- Learn the signs of heat illness and what to do in an emergency.
- Keep an eye on fellow workers.

"Easy does it" on your first days of work in the heat. You need to get used to it.

Working in full sunlight can increase heat index values by 15 degrees Fahrenheit. Keep this in mind and plan additional precautions for working in these conditions.

Who is affected?

Any worker exposed to hot and humid conditions is at risk of heat illness, especially those doing heavy work tasks or using bulky protective clothing and equipment. Some workers might be at greater risk than others if they have not built up a tolerance to hot conditions, including new workers, temporary workers, or those returning to work after a week or more off. All workers are at risk during a heat wave.

What to do if a worker becomes ill? Call a supervisor for help. If a supervisor is not available, call emergency services. Have someone stay with the worker until help arrives.

Two primary sources of heat for workers: Workers become overheated from two primary sources: (1) the environmental conditions in which they work and (2) the internal heat generated by physical labor. Heat-related illnesses occur when the body is not able to lose enough heat to balance the heat generated by physical work and external heat sources. Weather conditions are the primary external heat sources for outdoor workers.

A Guide for Employers.

Outdoor workers who are exposed to hot and humid conditions are at risk of heat-related illness. The risk of heat-related illness becomes greater as the weather gets hotter and more humid. This situation is particularly serious when hot weather arrives suddenly early in the season, before workers have had a chance to adapt to warm weather.

For people working outdoors in hot weather, both air temperature and humidity affect how hot they feel. The "heat index" is a single value that takes both temperature and humidity into account. The higher the heat index, the hotter the weather feels, since sweat does not readily evaporate and cool the skin. The heat index is a better measure than air temperature alone for estimating the risk to workers from environmental heat sources.

Heat-related illness can be prevented.

Employers have a duty to protect workers from recognized serious hazards in the workplace, including heat-related hazards. Workers new to outdoor jobs are generally most at risk for heat-related illnesses. For example an investigation of 25 incidents of heat-related illness in 2005. In almost half of the cases, the worker involved was on their first day of work and in 80% of the cases the worker involved had only been on the job for four or fewer days. That's why it's important to gradually increase the workload or allow more frequent breaks to help new workers and those returning to a job after time away build up a tolerance for hot conditions. Make sure that workers understand the risks and are "acclimatized".



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