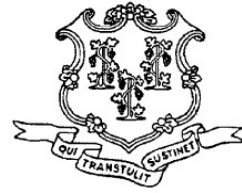


News



FOR IMMEDIATE RELEASE

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Outdoor Workers Reminded to Keep Heat Stress In Mind While Working in Warm Temperatures

Hartford – With summer upon us and temperatures over 90 degrees expected over the next few days, the Connecticut Department of Public Health (DPH) is urging all those who work outdoors or in other hot environments to learn to recognize and protect themselves from heat stress.

Each year in the US, several hundred people are killed by heat-related conditions, and thousands become ill. Young workers, older workers, and those with underlying health conditions or taking certain medications are at greatest risk for heat stress and heat stroke. In Connecticut, dozens of workers are seen in emergency departments each summer due to the health effects of heat stress.

“Heat stress can severely impact a person’s health to the point where they need to seek emergency medical care, or even death,” said DPH Commissioner Dr. Jewel Mullen. “Heath-related illnesses and deaths are entirely preventable. Workers and employers should take steps to learn how to recognize the signs of heat stress and how to protect themselves.”

Employers can take actions to protect their employees working in hot environments. These include:

- encouraging frequent breaks away from direct sunlight;
- scheduling physically-demanding work during the cooler parts of the day; and,
- providing cooling fans and moisture-wicking clothing to help their employees keep cool.

Those working in hot environments should be encouraged to drink non-caffeinated liquids frequently to stay properly hydrated, typically 8 ounces of fluids every 20-30 minutes. In addition, having onsite workers trained in recognizing and treating heat stress disorders, including heat exhaustion and heat stroke, is essential to early recognition and intervention.

For more information on heat safety in the workplace go to:

http://www.ct.gov/dph/lib/dph/environmental_health/eoha/pdf/fast_facts_heatsafetyawarenessday_2012.pdf.

The Connecticut Department of Public Health is the state’s leader in public health policy and advocacy with a mission to protect and promote the health and safety of the people of our state. To contact the department, please visit its website at www.ct.gov/dph or call (860) 509-7270.

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