

## Heat Illness Prevention

### Information for Workers

Federal law entitles you to a safe workplace. Exposure to heat can cause illness and death. Workers should know their rights and what they can do to prevent heat illness.

### Your Rights at Work

When it comes to extreme heat at work, **you have the right to:**

- Speak up about hazards without fear of retaliation. For more information on whistleblower protections, visit [www.whistleblowers.gov](http://www.whistleblowers.gov).
- Request an OSHA inspection and speak to OSHA inspectors.
- Report an injury or illness, and review and get copies of your medical records from your employer.
- See the results of workplace examinations or tests taken to identify workplace hazards.

### Tips for preventing heat illness

Heat-related illnesses can be prevented.

- Hydrate before, during and after work. Drink 1 cup of cool water every 20 minutes even if you aren't thirsty. For longer jobs, drinks with electrolytes are best. Avoid energy drinks and alcohol.
- Find shade or a cool area for rest breaks that allow your body to recover.
- Dress for the heat. A hat and light-colored, loose-fitting (where allowed), breathable clothing are ideal.
- If wearing a face covering, change it if it becomes wet or soiled. Check on others verbally often.
- Not everyone tolerates heat the same way. Understand **personal risk factors**.
- Understanding **engineering controls, work practices, and PPE**.

### Know the signs of heat illness and how to respond

Abnormal thinking or behavior, slurred speech, seizures or loss of consciousness are signs of a medical emergency. Call 911 immediately, cool the worker with water or ice and stay with them until help arrives.

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| <ul style="list-style-type: none"> <li>• Heat illness can cause:</li> <li>• Headaches</li> <li>• Nausea</li> <li>• Weakness or dizziness</li> <li>• Heavy sweating or hot, dry skin</li> <li>• Elevated body temperature</li> <li>• Thirst</li> <li>• Decreased urine output</li> </ul> | <p>If you spot someone experiencing those signs take action:</p> <ul style="list-style-type: none"> <li>• Give them water to drink</li> <li>• Move them to a cooler area</li> <li>• Cool them with water, ice or a fan</li> <li>• Remove unnecessary clothing</li> <li>• Do not them leave alone</li> <li>• If in doubt, call 911 or seek medical care</li> </ul> |
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Get more tips on first aid so you can be prepared in the event of an emergency.

## Heartland Center grant renewed for five years!

We have been awarded a grant of \$9 million over the next five years to continue providing services - including graduate training, continuing education, and outreach in the area of occupational health and safety. We are excited to continue serving our region, including Iowa, Kansas, Missouri, and Nebraska. Did you know the Heartland Center is 1 of 18 NIOSH Education and Research Centers?



## OSHA proposed heat rule moves closer to publication

OSHA's proposed standard on protecting workers from excessive heat is undergoing a final review, according to the White House Office of Information and Regulatory Affairs website. While the proposal is being reviewed, OSHA can cite employers under the General Duty Clause. Proving violations of the clause, though, requires a four-part test. The agency is also continuing its National Emphasis Program for outdoor and indoor heat-related hazards, which began in 2022.

## Congratulations to our Graduating Trainees!

- Emily Huber (Industrial Hygiene)
- Kirk Redden (Industrial Hygiene)
- Holly Rowland (Industrial Hygiene)
- Graham Siegel (Industrial Hygiene)



- Alexander Barnett (Ergonomics)
- Demir Tuken (Ergonomics)
- Madison Meyer (Injury Prevention)
- Angela Leek (Occupational Safety)



## Hawkeye on Safety: September 5, 2024

The **Hawkeye on Safety** annual conference provides life-saving health and safety information to workers from all industries, with a particular emphasis on facilities management and the building trades. We also offer the key networking opportunities that you need to keep current in occupational safety standards and trends. This conference is intended for health and safety professionals construction professionals (electrical, plumbing, roofing, carpentry,



**Keynote Speaker: Sam Goodman**

masonry, etc.), project/facility personnel, HR professionals, general industry, and anyone looking for general CEU's in health and safety.

Registration for attendees: Click [HERE](#)

Do you want to become a sponsor and see the benefits? Click [HERE](#)

**Hotel:** Hyatt Regency Coralville Hotel & Conference Center at 300 E 9th Street, Coralville, IA 52241.



## Iowa Governors & Safety Conference: October 29 - 30

The **Iowa Occupational Safety and Health Advisory Council** has an extensive history of community involvement in Iowa. The Council has provided academic scholarships since 1977 to deserving students attending Iowa colleges. Supporting the “next generation” of health and safety professionals is one of the core missions of the Council. The Council also works to annually acknowledge those who have made significant contributions to the health and safety of Iowas.

Registration for [participants](#)

Are you interested in sponsoring the conference? [Sponsorship](#)

**Lodging:** The Meadows Events & Conference Center, 1 Prairie Meadows Drive Altoona, IA 50009



## Heartland Symposium: November 14 -15

### PURPOSE

This symposium will address the ever-changing nature of work and the implications of these changes for the health, safety, and well-being of workers.

### INTENDED AUDIENCE

This symposium is intended for nurses, nurse practitioners, physicians, physician assistants, safety professionals, human resources professionals, administrators, wellness administrators, and other individuals interested in improving the health and safety of workers.

### JOINTLY PROVIDED BY

The University of Iowa's College of Public Health's Heartland Center for Occupational Health & Safety, Healthier Workforce Center of the Midwest, and the UI Occupational Health.



**Keynote Speaker: Casey Chosewood**

For updates and adding it to the calendar, visit the website <https://heartland.public-health.uiowa.edu/event/heartland-symposium/>



Creator: CHUYN Credit: Getty Images  
Click [HERE](#) to go to the course

## Preparing for disasters and crises: Free online course

The 90-minute course features 10 modules on topics such as vulnerability assessment, emergency action plans, overcoming obstacles to preparedness, crisis leadership, training and mental health resilience. Course materials include a guide and workbook, as well as links to resources to help build a preparedness program.

## Learning Opportunities - Certification Courses

Need occupational hearing conservation training? Check out the course schedule here: <https://heartland.public-health.uiowa.edu/events/>

## Work Zone Traffic Safety

Transportation incidents and workers struck by vehicles or mobile equipment account for the highest number of fatal work injuries, according to the Bureau of Labor Statistics. Workers such as emergency responders, clean-up, utility, demolition, construction, and others in areas where there are moving vehicles and traffic are exposed to being struck-by moving vehicles.

For other valuable information, read [OSHA's Workers page](#).

### Iowa DOT

The [Traffic and Safety Bureau library](#) has information related to construction, planning, design, engineering, research, and policy. This includes manuals, program brochure, research reports and other publications.

Learn some [workzone safety tips!](#)

## Safe + Sound Week

**Safe + Sound Week** is a nationwide event held each August that recognizes the successes of workplace health and safety programs and offers information and ideas on how to keep America's workers safe. This year Safe + Sound Week will provide resources for businesses on Job Hazard Analysis (JHA).



## OSHA video asks, 'Is your workplace prepared for severe weather?'

Among OSHA's tips: Don't allow workers to shelter in place in structures that don't have appropriate protection. The agency details proper shelter-in-place procedures and preparations in an [e-tool on its website](#).

Other tips:

- Make sure employees wear fall protection when working at height.
- Ensure workers have the proper personal protective equipment for tasks such as using a chainsaw to remove debris or working with energized power lines.

[Watch the video](#)

## Emergency Preparedness and Response

Emergencies can create a variety of hazards for workers in the impacted area. Preparing before an emergency incident plays a vital role in ensuring that employers and workers have the necessary equipment, know where to go, and know how to keep themselves safe when an emergency occurs. [This Emergency Preparedness and Response page](#) provide information on how to prepare and train for emergencies and the hazards to be aware of when an emergency occurs.



## Continuing Education Programs

Check out the Heartland Center's online events calendar at [HeartlandERC.org](https://HeartlandERC.org) to keep track of our upcoming continuing education events.

Follow the Heartland Center on social media for regular occupational health and safety updates:



Facebook

[facebook.com/HeartlandCenterERC/](https://facebook.com/HeartlandCenterERC/)



Twitter

[twitter.com/heartlandcntr](https://twitter.com/heartlandcntr)



LinkedIn

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