

Heat Illness Prevention

Water, Rest and Shade



Louisiana's heat can be brutal, especially for outdoor workers. Staying hydrated and taking breaks in the shade are essential to prevent heat illness and keep you safe on the job.

Water

Proper hydration is essential for preventing heat illness.

- Encourage workers to drink at least 1 cup of water every 15 minutes (1 quart per hour) while working in the heat.
 - This is equivalent to:
 - 2 standard 16-ounce water bottles an hour, or 1 every 30 minutes
 - 8 paper cones an hour, or 4 every 30 minutes
 - Ensure that enough water is available for all workers throughout their shift
 - Designate an employee to refill and transport water
- Equip all work areas with water that is:
 - Clean and potable
 - Free of charge
 - Cool (less than 60°F)
 - Close to the worksite and break areas
- Provide electrolyte drinks in addition to water when workers perform strenuous, sweating-producing tasks for extended periods.
- Encourage workers to hydrate continuously.
 - Water is the best way to stay hydrated.
 - Encourage workers to hydrate even if they are not thirsty.
 - Encourage workers to hydrate before, during and after work.
 - Motivate workers to keep a sealable bottle of cool water in their work area.

Rest

Workers need to rest in the shade to cool themselves and recover from the heat.

- Encourage frequent rest breaks that are long enough to recover from the heat and for the heart rate to slow (at least 5 minutes).
- Provide seating such as chairs or ice chests to prevent workers from absorbing heat from the ground.
- Workers should not wait until symptoms occur to rest



Shade

Workers need a shady or cool location to take breaks and recover from the heat.

- Provide shade when temperatures are 80°F and warmer.
- Shade needs to:
 - Block direct sunlight so that objects do not cast a shadow.
 - Cover all workers on the break.
 - Cover a large enough area for workers to be distanced from each other and comfortable underneath.
- If vehicles are used as a rest area, park the vehicle in the shade and cool it with air conditioning prior to using it.

Examples of Shade

Full and thick trees



Shade tarps or tents



Pop-ups



Canopies



Umbrellas



Buildings



Open-air or mechanically ventilated areas

