

**Archdiocese of Seattle**

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# **Safety Training 2023**





Washington State Department of  
Labor & Industries

Division of Occupational Safety and  
Health



# **Water. Rest. Shade.**

## **Working Safely in Outdoor Heat**

*NEW REGULATION  
effective July 17, 2023.*

# Work Risk Factors

- Workload
- Work duration
- Clothing and PPE



# Personal Risk Factors

- Age
- Physical fitness
- Medical conditions (including pregnancy)
- Medications
- Previous heat-related illness
- Water consumption
- Alcohol use
- Acclimatization



# Threshold Temperatures

- 52° F for nonbreathable clothing/gear
- 80° F for all others



# Protect Yourself from Heat-Related Illness

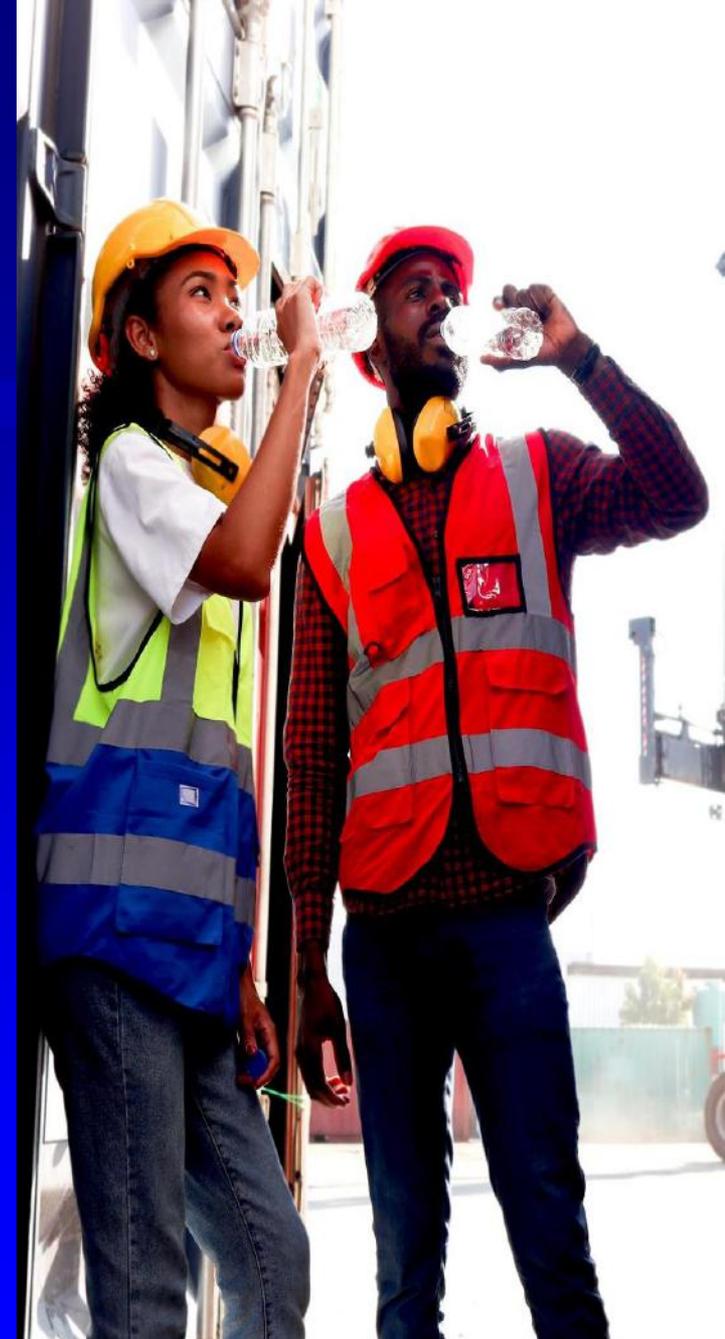
**Three keys to protecting yourself:  
Water. Rest. Shade.**



# Water

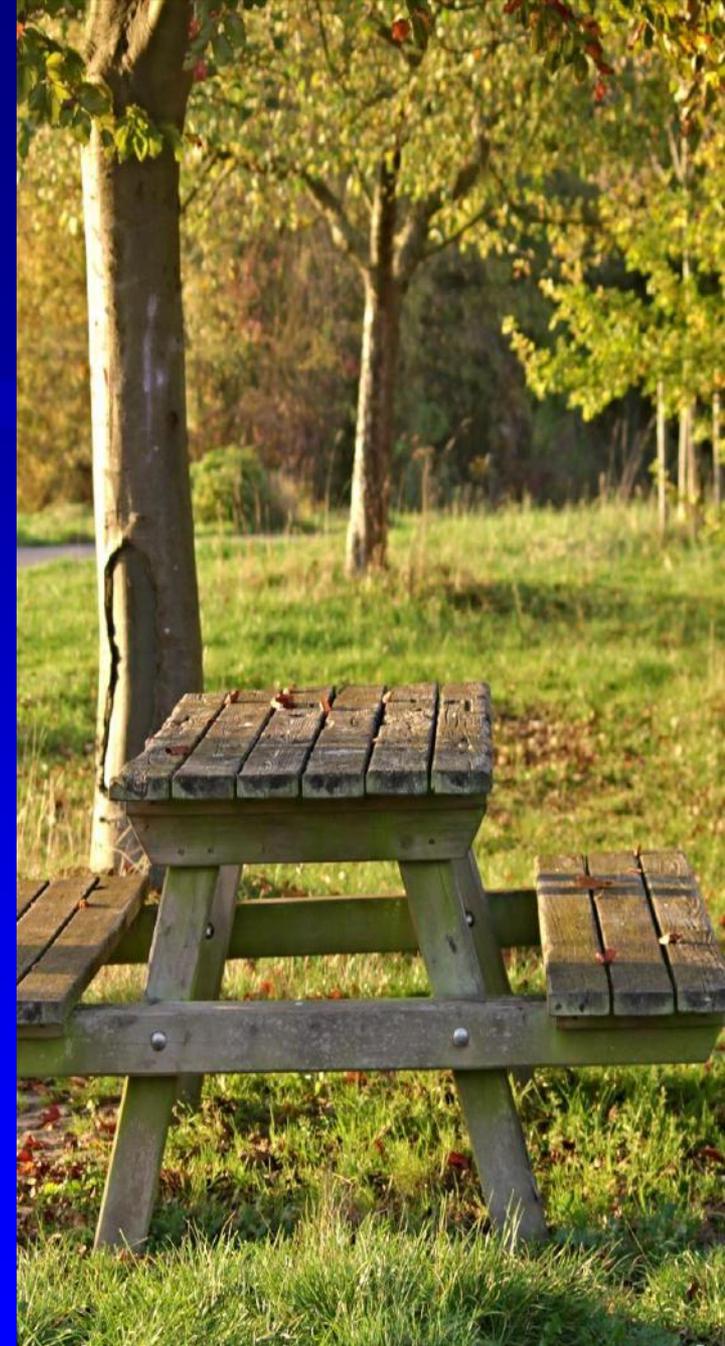
- Drink small amounts frequently
- 1 cup every 20 min. recommended.
- Above threshold temperatures, employers must provide cool water
- Sports drinks (and similar) are an acceptable substitute

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# Rest

- Take regular cool-down rest breaks
- Do not wait until you are feeling unwell to rest
- Remove any nonbreathable clothing or gear
- In high heat (90° F and higher), rest periods are mandatory



# Shade

- Take rest breaks in the shade when possible
- Above threshold temperatures your employer must provide shade
- Some alternatives allowed (such as misting stations, cooling vests, etc.)

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# Acclimatization

- The body gradually adapts and tolerates higher levels of heat stress
- Almost half of heat-related deaths occur on a worker's very first day on the job
- Over 70% of heat-related deaths occur during a worker's first week

Source: Federal OSHA



# Acclimatization – continued

- Acclimatization gained and lost gradually over several days
- During acclimatization, take frequent cool-down breaks and drink plenty of water
- Watch out for heat waves (10+ degrees hotter than the previous 5 days)



# Heat-Related Illness

- Can be serious and even fatal
- Heat cramps
- Heat rash
- Heat exhaustion
- Heat syncope (fainting)
- Rhabdomyolysis
- Heat stroke



# Heat Cramps

- Muscle spasms or pain
- Usually in the legs, arms, or trunk



# Heat Rash

- Clustered red bumps on the skin
- Usually on the neck, upper chest, and skin folds

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# Heat Exhaustion

- Fatigue
- Irritability
- Thirst
- Nausea or vomiting
- Dizziness or lightheadedness
- Heavy sweating
- Elevated body temperature
- Fast heart rate



# Heat Syncope

- Fainting
- Dizziness

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# Rhabdomyolysis

- Muscle pain
- Dark urine
- Low urine output
- Overall weakness

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# Heat Stroke

- Confusion
- Slurred speech
- Loss of consciousness
- Seizures
- Heavy sweating
- Hot, dry skin
- High body temperature
- Rapid heart rate



# Symptom Reporting

- Report signs of heat-related illness immediately
- Report even if you are not sure it is heat-related illness



# First Aid & Emergency Response

■ *Call 911*

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