

5 Tips for Preventing Heat Stress on Your Job Site



AMERICAN SOCIETY OF
SAFETY PROFESSIONALS



Working in the heat can quickly turn dangerous if you don't have the proper controls and training in place to reduce risks. ANSI/ASSP A10.50 is a first-of-its-kind standard with guidance on preventing heat-related illness and selecting controls. Here are five tips to remember.

01

Know the Hazards and Make a Plan

Assessing risks, monitoring the weather and understanding exposures will help you select appropriate controls and preventative measures.

02

Acclimatize Workers

Introduce workers to hot conditions gradually. Acclimatization helps workers adjust to the heat and mitigates the risk of heat-related illness.

03

Recognize the Signs of Heat Stress

Symptoms of heat-related illness can range from sunburn and cramps to heat exhaustion and heat stroke. Monitor your workforce throughout the day and train them to identify warning signs.

04

Implement Controls

Use the hierarchy of controls to prevent heat stress. Start work earlier in the day, use physical barriers to block heat exposure and provide regular water and rest breaks in the shade.

05

Train Workers and Supervisors

Help your team understand the importance of acclimatization, preventing heat stress, recognizing the signs of heat-related illness and following first aid and emergency procedures.

Get Your Copy and Stay Cool on the Job

Learn to effectively manage heat stress hazards and reduce heat risks with the ANSI/ASSP A10.50 standard. Visit assp.org/heatstress