



Avoiding Heat Stress Safety Moment

- Six main factors create heat stress: Temperature, Humidity, Movement of air, Radiant temperature of the surroundings, Clothing, and Physical activity
- Your body can adjust to working in a warm environment through a process known as "acclimatization." Acclimatization processes involve gradually increasing the amount of time you spend working in a hot environment. This gradual increase allows your body to properly adjust to the heat
- Engineering controls can be implemented to reduce the possibility of heat stress.
 - Controlling the heat source through use of insulation and reflective barriers
 - Exhausting hot air or steam away from the work area
 - Using air-conditioning
 - Using air-conditioned rest areas
 - Using fans to circulate the air
 - Reducing the physical demands of the work by using mechanical equipment