# Heat Related Illness

[WAC 296-62-095](https://www.lni.wa.gov/safety-health/safety-rules/chapter-pdfs/WAC296-62.pdf#WAC_296_62_095)

Between May and September, we experience temperatures at times that are over 89 degrees. Depending on the work being performed outdoors, clothing and the PPE, the following chart should be used to review heat related illness.

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| Outdoor Temperature Action Levels |
| All other clothing | 89° |
| Non-breathing clothes including vapor barrier clothing or PPE such as chemical resistant suits. | 52° |

When these temperatures and clothing combinations are reached, employees working outside for more than 15 minutes per hour will be supplied water and encouraged to drink it often in order to stay hydrated.

Employees and Supervisors working in these conditions will need to be given training on the following:

* The environmental factors that contribute to the risk of heat-related illness;
* General awareness of personal factors that may increase susceptibility to heat-related illness including, but not limited to, an individual's age, degree of acclimatization, medical conditions, drinking water consumption, alcohol use, caffeine use, nicotine use, and use of medications that affect the body's responses to heat. This information is for the employee's personal use;
* The importance of removing heat-retaining personal protective equipment such as nonbreathable chemical resistant clothing during all breaks;
* The importance of frequent consumption of small quantities of drinking water or other acceptable beverages;
* The importance of acclimatization;
* The different types of heat-related illness, the common signs and symptoms of heat-related illness; and
* The importance of immediately reporting signs or symptoms of heat-related illness in either themselves or in co-workers to the person in charge and the procedures the employee must follow including appropriate emergency response procedures.

When temperatures reach levels of:

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| Air Temperature | Mandatory cool-down rest periods |
| At or above 90ºF | 10 minutes/2 hours |
| At or above 100ºF | 15 minutes/1 hour |

When temperatures exceed 99 degrees, employees will also be provided:

* One or more areas with shade at all times or other cooling methods available and accessible in lieu of shade.
* Preventative cool-down rest periods of at least 10 minutes every two hours. This may be concurrent with existing meal and rest breaks.
* Additional drinking water to be suitably cool in temperature.
* Additional preventative cool-down rest when they feel the need to do so to protect themselves from overheating.

Supervisors and employees who regularly work in this environment will be trained on these rules and signs of the different symptoms of heat related illness.

Training programs are available here:

* [Complete Heat illness training kit](https://wisha-training.lni.wa.gov/training/TrainingKits/HeatIllness/OHEWorkerKit.zip%22%20%5Ct%20%22_blank)
* [Heat illness Presentation only](https://wisha-training.lni.wa.gov/training/TrainingKits/HeatIllness/OHEWorkerPresentation.pptx)
* [Heat illness Instructor's Guide](https://wisha-training.lni.wa.gov/training/TrainingKits/HeatIllness/OutdoorHeatInstructorGuide.doc)

An online self-paced interactive version of the [Heat Illness course is available here](https://wisha-training.lni.wa.gov/training/articulate/HeatIllness/story.html).