



Indiana

Department of Labor

Advancing the safety, health and prosperity of Hoosiers in the workplace

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NEWS RELEASE

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FOR IMMEDIATE RELEASE

Three Magic Words to Prevent Heat Stress

INDIANAPOLIS (June 27, 2016) – With high temperatures and humidity, working Hoosiers face hazardous conditions during the summer months. A combination of these conditions and physical labor can put a worker at risk for serious, potentially fatal, health issues. The Indiana Department of Labor (IDOL) advises employers to take additional precautions to prevent heat-related illnesses during the hottest season of the year.

IDOL staff encourages all working Hoosiers to learn the three magic words: **Water, Rest, Shade.**

1. **Water:** Workers should proactively drink five to seven ounces of water every 15 to 20 minutes, approximately one bottle of water an hour, to replenish lost fluids. Workers *must not* depend on thirst to determine when and how much water to drink. Thirst is an indicator he or she already is dehydrated.
2. **Rest:** Regular rest breaks help workers function in hot working environments, both outdoors and indoors. Rested workers are more productive and less likely to experience fatigue or discomfort.
3. **Shade:** Employers should provide shaded break areas for outdoor workers. Resting in the sun *does not* effectively cool a worker.

Employers are required to ensure employees are not exposed to serious safety and health risks in the workplace. Heat-related illnesses are always preventable, and employers and employees must work together to actively prevent the hazardous conditions and circumstances that result in a heat-related illness.

IDOL encourages employers and employees to take necessary precautions to prevent these illnesses. Symptoms of heat stroke include confusion, dizziness, and the inability to sweat. These symptoms are a medical emergency. The worksite needs to call emergency services, move the affected employee to a shaded area, and attempt to cool the employee. Preparedness for such an emergency can mean the difference between life and death.

Learn more about heat stress, potential solutions, and additional worker safety and health resources by going to the federal Occupational Safety and Health Administration (OSHA)'s "Water. Rest. Shade." campaign website at www.osha.gov/SLTC/heatillness/.

Employers can request free, onsite safety and health assistance from INSafe, the IDOL's occupational safety and health consultation division. To request a free consultation, visit www.in.gov/dol/insafeconsultation.

About the Indiana Department of Labor:

The mission of the Indiana Department of Labor is to advance the safety, health and prosperity of Hoosiers in the workplace. In order to make significant strides, we emphasize both enforcement and voluntary compliance by employers. Follow the Indiana Department of Labor on Twitter: [@INDeptofLabor](https://twitter.com/INDeptofLabor) and Like on Facebook: facebook.com/IndianaDepartmentofLabor.

About INSafe:

INSafe, a division of the Indiana Department of Labor, works with Indiana's employers, employees, labor unions, professional groups, trade organizations and others to ensure workplace health and safety. Services include on-site consultations, educational publications and training materials, group training and seminars, and pro-active voluntary safety and health programs designed to bring employers and employees together to create and maintain health working environments. Learn more at www.in.gov/dol/insafe.htm.

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