



MITCHELL E. DANIELS, Jr., GOVERNOR  
Lori A. Torres, Commissioner

402 West Washington Street, Room W195  
Indianapolis, Indiana 46204-2751

Phone: (317) 232-2655  
Fax: (317) 233-3790

## MEDIA ADVISORY

FOR IMMEDIATE RELEASE

Media Contact: Stephanie McFarland, APR  
Phone: (317) 234-3793  
E-mail: [media@dol.in.gov](mailto:media@dol.in.gov)

### IMPORTANT NOTICE ABOUT HOT AND HUMID WORKING CONDITIONS

INDIANAPOLIS (July 21, 2011) – Indiana is experiencing extreme temperatures and high levels of humidity, two of the primary components that contribute to heat illness. Heat illness can be a matter of life and death. Employees exposed to hot and humid conditions, outdoors or indoors, are at risk, and employers must ensure that employees are protected. **Heat-related illness is 100 percent preventable.**

The Indiana Department of Labor and federal OSHA are reaching out to employers and employees to caution about the hazards of working in the heat and are providing information about steps to prevent heat illnesses.

Below are three key steps to reducing the likelihood of heat-related illnesses:

- 1. Water:** A worker should not depend on thirst to signal when and how much fluid to drink. In fact, most individuals exposed to hot conditions drink fewer fluids than needed because of an insufficient thirst drive. Instead, workers should drink five to seven ounces of fluids every 15 to 20 minutes to replenish necessary fluids.
- 2. Rest:** Regular rest breaks aid workers in hot environments, whether the heat exposure is outdoors or indoors.
- 3. Shade:** When work is performed outdoors, another important step to reducing heat illness is to provide shaded break areas. Shaded areas give workers necessary relief from the sun.

Employers and employees are strongly encouraged to learn about heat-related illnesses and take necessary precautions for prevention. To learn more about heat stress, please click [here](#).

---

#### 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 compliance assistance by employers. [www.in.gov/dol](http://www.in.gov/dol)

###