

Plan.
Prevent.
Protect.

HEAT STRESS ON THE JOBSITE

As summer temperatures rise, the dangers of extreme heat in the construction industry increase. A day on the job should never be life or death for a worker.



HEAT STRESS occurs when the body is not able to regulate its core temperatures because it can no longer rid itself of excess heat.



Since record-keeping began in 1880, **19 OF THE HOTTEST YEARS** have occurred since 2000.



Construction workers comprised 6% of the total workforce yet accounted for **36% OF ALL OCCUPATIONAL HEAT-RELATED DEATHS** from 1992 to 2016.



In 2019, **43 WORKERS DIED FROM HEAT-RELATED ILLNESS** in the U.S.

PREVENT HEAT STRESS ON THE JOBSITE

5 tips



IMPLEMENT TECHNOLOGY

Wearable technologies can sense when a worker is showing signs of heat stress and alert them to take a break and hydrate.



REQUIRE FREQUENT BREAKS

In extreme heat, workers should take hourly breaks with access to cool, shaded areas or air-conditioned buildings or vehicles.



EDUCATE ON HEAT STRESS

Ensure your team understands the risks of heat stress and the symptoms to protect themselves and their teammates.

WEAR APPROPRIATE CLOTHING

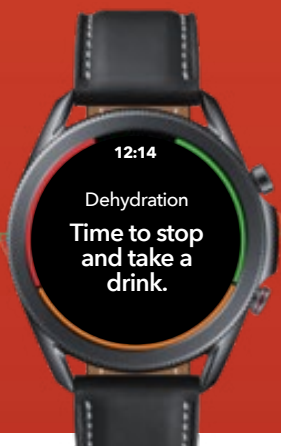


Workers should wear breathable, light, loose-fitting clothing and apply sunscreen often. Workers who are required to wear Personal Protective Equipment (PPE) may increase their risk of heat stress and should take more frequent breaks.



HYDRATION IS KEY

Encourage your workers to drink cool water every 15-20 minutes, thirsty or not. In heat, remind them to avoid caffeine and alcohol which dehydrate the body.



**PROTECT YOUR TEAM
with Sentri360® EHS Wearables!**

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