Temple University
Environmental Health and Radiation Safety

FIELD RESEARCH SAFETY HAZARD GUIDELINE

Heat Exhaustion/Heat Stroke

Hazards	**Potential Hazards**	Heat stroke and heat exhaustion are serious heat-related illnesses that can occur when the body is exposed to high temperatures and excessive heat. • Prolonged exposure to hot and humid environments, especially during strenuous activities, can increase the risk of these conditions. • Failure to stay hydrated and take appropriate breaks in hot weather can contribute to the development of heat-related illnesses.
Hazard Controls	**Personal Protective Equipment**	• Personal protective equipment (PPE) for heat stroke and heat exhaustion prevention may include lightweight, loose-fitting, and light-colored clothing to help regulate body temperature. • Carrying and using personal water bottles or hydration packs can ensure easy access to fluids during outdoor activities.

	Preparation and Training	• Educate individuals on recognizing the early signs and symptoms of heat exhaustion and heat stroke.
		  • Heat exhaustion symptoms:
		  • Cool, moist skin
		  • Dizziness
		  • Weak, rapid pulse
		  • Muscle cramps
		  • Headache
		  • Heat stroke symptoms
		  • Nausea
		  • Stopped sweating
		  • Rapid pulse and breathing
		  • Confusion
		  • Loss of consciousness
		• Establish protocols for monitoring weather conditions and implementing heat safety measures accordingly.

	General Work Practice Procedures	• Schedule outdoor activities during cooler parts of the day whenever possible, especially between 10 a.m. and 4 p.m., when temperatures are typically highest. • Encourage regular breaks in shaded or air-conditioned areas to allow for rest and hydration. • Create a heat safety culture that allows for proper hydration and frequent work-rest cycles.
Other	**Waste**	Containerize, remove, and properly dispose all generated waste when you leave the area.
	Emergencies	• Heat-related emergencies require prompt action. If someone shows signs of heat stroke (e.g., high body temperature, confusion, rapid pulse), call emergency medical services immediately.

		• Move the affected person to a cooler, shaded area and apply cool, wet clothes or use a fan to reduce body temperature while waiting for medical assistance. • For heat exhaustion, move the person to a cooler area, provide fluids for rehydration, and encourage rest.
	Reference and Additional Resources	• OSHA: Heat Exposure • National Weather Service: Heat Cramps, Exhaustion, Stroke • CDC: Hot Weather Tips
	Questions	Contact Environmental Health and Radiation Safety (EHRS) at (215) 707-2520