

Working in the heat?

You have a **right to be safe**.



When the heat index is 80°F or above, your employer must:

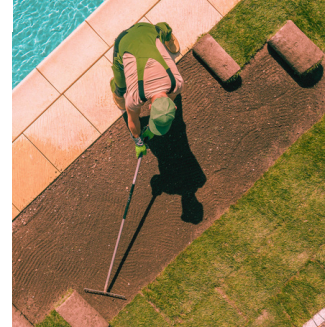
- Provide at least 32 ounces of cool drinking water per hour, per employee, at no cost.
- Provide access to shade.
- Have a written plan for working in the heat, and train you and your supervisors on it.

When the heat index is between 90°F and 100°F, your employer must ALSO:

- Regularly check in with employees and provide 10-minute rest periods every 2 hours; OR
- Take alternative cooling and control measures to reduce body temperature.

When the heat index is above 100°F, your employer must:

- Regularly check in with employees and provide 15-minute rest periods every hour; OR
- Take alternative cooling and control measures to reduce body temperature.



Tips for preventing heat illness

- Drink water to stay hydrated!
 - Generally, 1 cup of cool water every 20 minutes will help keep you hydrated.
- Consider drinks with electrolytes for longer durations.
- Avoid energy drinks and alcohol.
- Take breaks in shaded or cool areas to allow your body to recover.
- Dress appropriately for the heat with a hat and light-colored, loose-fitting, breathable clothing.
- Replace a damp or soiled face covering.
- Talk to others to check in on them.
- Know that everyone has different heat tolerance.
- Understand personal risk factors, such as medications or health conditions, that may impact heat tolerance.
- Familiarize yourself with engineering controls, work practices, and personal protective equipment to reduce heat-related risks.

Signs and symptoms of heat illness

- **Early** signs/symptoms:
 - Fatigue
 - Heavy sweating
 - Headache
 - Cramps
 - Dizziness
 - High pulse rate
 - Nausea/vomiting
- **Life-threatening** signs/symptoms:
 - High body temperature
 - Red, hot, dry skin
 - Confusion
 - Slurred speech
 - Convulsions
 - Seizures
 - Fainting

scan here



410-527-4499



For emergencies:

1 (888) 257-6674



mosh.outreach@maryland.gov



labor.maryland.gov/heatstress

Responding to heat illness emergencies:

- Move the person to shade
- Try to cool them with ice or cold water
- Call a supervisor
- Call 911 if life-threatening
- Do not leave them alone!



Maryland Department of Labor
Maryland Occupational Safety and Health