



## HEAT ILLNESS

includes heat cramps, heat exhaustion, heat syncope, and heat stroke. Heat illnesses can be serious health emergencies. It's important to recognize the signs and symptoms (please see the [Heat Illness - Prevention](#) Safety Sheet).

Oregon's Occupational Health and Safety Administration (OSHA) adopted a rule (OAR [437-002-0156](#)) which outlines rules for workplaces to help reduce the risk of heat related illnesses to employees on the job. This rule is primarily focused on employees who work outdoors.

The regulations use heat index, not ambient temperature, for the action limits. The heat index combines the temperature with the humidity and is an accurate way to represent the working conditions on the human body. **Supervisors and employees both have responsibilities to meet under the new regulations.** The primary responsibilities are listed below and all UO employees subject to these regulations must take the complete [Heat Illness Prevention Training](#).

## REGULATORY ACTION LEVELS - HEAT INDEX

HEAT INDEX (F°)	ACTION
< 80	Normal operations
≥ 80	Access to shade (Close to work area, large enough to accommodate everyone) Access to water (Cool or cold below 77 F°, enough for 32 oz/person/hour) Ample opportunity to drink water
≥ 90	ALL THE ABOVE PRACTICES Effective communications for affected employees Ability to access emergency medical services Determine heat index in building without temperature control Work/rest schedule – 10 minutes, every 2 hours
≥ 100	ALL THE ABOVE PRACTICES Work/rest schedule – 15 minutes, every hour

## WHAT TO DO!

- Take the [Online Heat Illness Prevention Training](#) on MyTrack or request in person training for your department through EHS.
- Work with your supervisor to limit outside work when the heat index is in the Danger Zone (>100 F° heat index).
- Accommodate for work activities that require heavy clothing or PPE in high heat index environments.
- Consider changing work hours to avoid hotter times of the day (earlier shifts to take advantage of cooler temperatures).
- Visit [safety.uoregon.edu](http://safety.uoregon.edu) to read the [Working and Heat Stress](#) webpage.
- Download the free OSHA-NIOSH Heat Safety Tool App! (QR Code pictured on the right).
- Call **911** and **UOPD** (541-346-2919) for an emergency.

