

CBS Corporate Environmental Health, Safety & Sustainability

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Heat Stress

As heat waves grip the United States, EHS&S would like to remind you that each location that has outdoor work or work in an unconditioned space should have a location-specific written Heat Stress Plan. The plan should address:

- Provisions for remedying early signs of heat illness such as rest, providing shade or air conditioned spaces (including vehicles).
- Prompt access to medical services.
- Allowance for acclimatization - build up tolerance gradually over a couple of weeks.
- Supplying cool water and encouraging consumption per person at the rate of at least one liter per hour.
- Scheduling work when feasible to take advantage of the cooler periods during the day.
- Advising everyone to watch out for each other for symptoms of heat-related illness and to aid anyone who is developing a heat-related illness.

If you would like more information or assistance with heat related issues, please contact David Templeman, david.templeman@cbs.com.

This is a convenient chart, created by OSHA, which describes the symptoms and treatment for heat-related illnesses. Use the following link to find out more about heat-related illness and first aid and to download a larger copy which can be posted for employees to refer to:

https://www.osha.gov/SLTC/heatstress/heat_illnesses.html

Illness	Symptoms	First Aid*
Heat stroke	<ul style="list-style-type: none"> ▪ Confusion ▪ Fainting ▪ Seizures ▪ Excessive sweating or red, hot, dry skin ▪ Very high body temperature 	<ul style="list-style-type: none"> ▪ Call 911 <p>While waiting for help:</p> <ul style="list-style-type: none"> ▪ Place worker in shady, cool area ▪ Loosen clothing, remove outer clothing ▪ Fan air on worker; cold packs in armpits ▪ Wet worker with cool water; apply ice packs, cool compresses, or ice if available ▪ Provide fluids (preferably water) as soon as possible ▪ Stay with worker until help arrives
Heat exhaustion	<ul style="list-style-type: none"> ▪ Cool, moist skin ▪ Heavy sweating ▪ Headache ▪ Nausea or vomiting ▪ Dizziness ▪ Light headedness ▪ Weakness ▪ Thirst ▪ Irritability ▪ Fast heart beat 	<ul style="list-style-type: none"> ▪ Have worker sit or lie down in a cool, shady area ▪ Give worker plenty of water or other cool beverages to drink ▪ Cool worker with cold compresses/ice packs ▪ Take to clinic or emergency room for medical evaluation or treatment if signs or symptoms worsen or do not improve within 60 minutes. ▪ Do not return to work that day
Heat cramps	<ul style="list-style-type: none"> ▪ Muscle spasms ▪ Pain ▪ Usually in abdomen, arms, or legs 	<ul style="list-style-type: none"> ▪ Have worker rest in shady, cool area ▪ Worker should drink water or other cool beverages ▪ Wait a few hours before allowing worker to return to strenuous work ▪ Have worker seek medical attention if cramps don't go away
Heat rash	<ul style="list-style-type: none"> ▪ Clusters of red bumps on skin ▪ Often appears on neck, upper chest, folds of skin 	<ul style="list-style-type: none"> ▪ Try to work in a cooler, less humid environment when possible ▪ Keep the affected area dry

* Remember, if you are not a medical professional, use this information as a guide only to help workers in need.