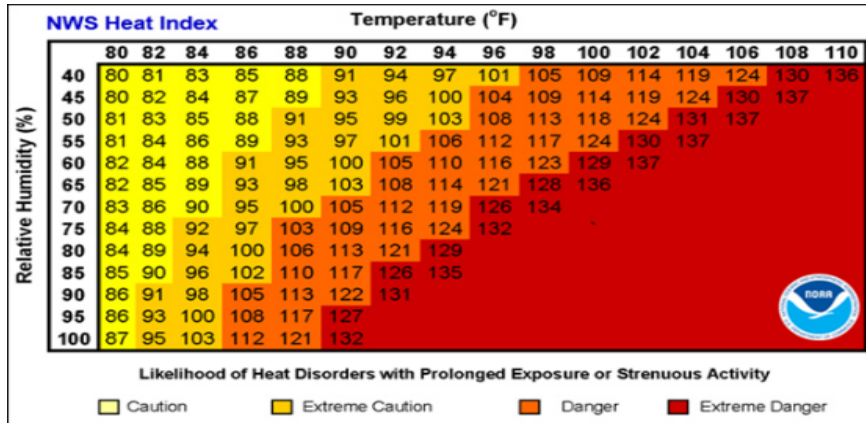


Heat stress is a significant concern for miners, especially during the warmer months. Whether working in surface or underground mining, exposure to extreme heat can lead to heat-related illnesses such as rashes, cramps, heat exhaustion, and heat stroke, which can be fatal.



Symptoms of Heat Stress:

- Skin is hot, usually dry, red or spotted.
- Body temperature is over 103° F.
- Victim may be confused. The face may be pale or flushed.
- Losing consciousness (passing out)
- Muscle cramps from loss of sodium.

Treat Symptoms:

Do:

- + Move the miner to a cool place.
- + Apply cool wet cloths.
- + Give water if victim is awake.
- + Seek medical attention if there is no improvement.

Do Not:

- Apply ice directly to the skin.
- Leave the miner alone.
- Allow the victim to become so cold that shivering develops.

Heat Stress Prevention:

- **Acclimatization:** Miners should gradually adapt to the heat by spending increasing amounts of time in hot environments.
- **Hydration:** Proper hydration is crucial. Encourage frequent water intake.
- **Work/Rest Cycles:** Implement regular breaks to allow miners to cool down.
- **Monitoring:** Keep a close eye on miners' well-being.
- **Personal Protective Equipment:** Provide appropriate gear to minimize heat exposure.



Go To the Heat Safety Tool App at

[OSHA-NIOSH Heat Safety Tool App](#) | [NIOSH](#) | [CDC](#)