



CODE RED EXTREME HEAT ALERT

FACT SHEET FOR EMPLOYERS

Extreme heat events are the most dangerous natural hazard in the United States, contributing to an average of 1,220 deaths per year.

People who work outdoors are more sensitive to heat-related death and illness during an extreme heat event.

Follow these tips to protect employees and prevent heat-related death and illness on the job:

Be aware of the weather. If it seems unseasonably warm outside, take the following steps to keep your employees cool and protected from the heat.

- Provide areas with ventilated or conditioned air.
- Provide cool water to workers and encourage them to drink small amounts often.
- Reduce physically demanding work such as heavy lifting, climbing or digging.
- Have workers get used to heat by increasing time in the sun slowly over time.
- Schedule jobs during cooler parts of the day.

Educate and motivate employees to protect themselves by following these simple tips.

- Spend time in air-conditioned buildings during breaks.
- Drink more fluids; don't wait until you're thirsty to drink water.
- Avoid direct exposure to the sun.
- Wear lightweight, loose-fitting clothing and apply sunscreen.
- Avoid alcohol or liquids containing large amounts of sugar.
- Avoid unnecessary physical activity.

Know the signs of heat-related illness and the right first aid response, and share them with all employees

Heat Disorder	Symptoms	First Aid
Sunburn	Redness and pain. Swelling of skin, blisters, fever, and headaches.	Ointments or a dry sterile dressing. Severe cases should be seen by a doctor.
Heat Cramps	Painful spasms of muscles. Heavy sweating.	Firm pressure on muscles, or gentle massage. Give sips of water. If nausea occurs, discontinue use.
Heat Exhaustion	Heavy sweating, weakness, skin cold, pale, and clammy. Weak pulse. Fainting and vomiting.	Get victim out of sun. Lay down and loosen clothing. Apply cool wet cloth. Give sips of water, unless nausea occurs. If vomiting continues, seek medical attention.
Heat Stroke	High body temperature (106°F or higher). Hot dry skin. Rapid and strong pulse, possible unconsciousness.	Find emergency medical assistance immediately. Move victim to a cooler environment and reduce body temperature with a cool bath or sponging. Do not give fluids.

Become “heat aware” by turning to local resources and accessible tools so you know what to do and where to turn when the temperature rises.

For more information visit: <https://health.baltimorecity.gov/coderedinfo>