



## ILA-USMX JOINT SAFETY COMMITTEE

OSH Circular 2021-06 (08 June 2021)

# Guarding Against Heat-Induced Stress

As Summer approaches, the ILA~USMX Joint Safety Committee (JSC) advises its labor and management constituents to remain mindful of heat stress and vigilant in affording the proper protection to affected workers.

### To prevent heat stress



Start shifts earlier



Drink one cup of cool water every 15 to 20 minutes



Avoid caffeine or alcohol

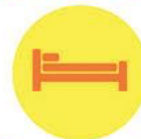
### If you experience symptoms of heat stress



Seek relief immediately



Rehydrate with cool water



Rest

### If anyone exhibits symptoms of heat stroke



Call 911



Cool them down

The JSC wants you to know that the Occupational Safety & Health Administration (OSHA) has published a Heat Stress-specific webpage, which contains extremely important and relevant information about the subject and the affirmative measures that can be taken to combat the associated risks.

Here's a link: <https://www.osha.gov/heat-exposure>

Got an OSH-related question? Write to the JSC at: [blueoceana@optonline.net](mailto:blueoceana@optonline.net)

## Working Together For The Benefit Of All

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