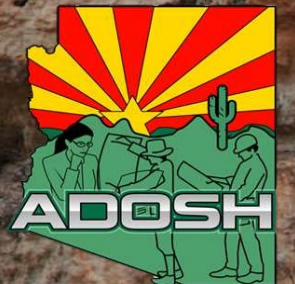


ADOSH Heat Illness Prevention SEP

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Heat related deaths increasing in AZ

Almost 1500 people died from heat exposure due to excessive temperatures in Arizona from 1992 to 2009

522 Heat related deaths in 2021-2020 (General population)

84% increase over 2019

It's getting hotter



Heat is the number one weather related killer in Arizona.

Source National Weather Service

Myths about Heat related illness

- If they aren't convulsing, it's not serious
- Sports drinks are necessary when working in the heat
- Heat affects everyone equally
- Youth can't handle the heat as well as adults
- Heat related illnesses only happen to those employees working outdoors



	#	Summary Nr	Event Date	Report ID	Fatality	SIC	NAICS	Event Description
<input type="checkbox"/>	1	155818.01	04/14/2023	0627700	X		332312	Employee Is Killed When Stuck In Chest By Flying Plug
<input type="checkbox"/>	2	152546.01	01/01/2023	0418800	X		115115	Employee Is Killed Due To Heat Illness While Farming
<input type="checkbox"/>	3	152347.01	12/19/2022	0111400	X		238220	Employee Is Overcome By Ammonia And Dies
<input type="checkbox"/>	4	150471.01	09/08/2022	0950633	X		561730	Employee Dies From Heat Stroke After Landscaping
<input type="checkbox"/>	5	149624.01	09/07/2022	0950612			923120	Employee Suffers Heat Illness
<input type="checkbox"/>	6	153034.01	08/29/2022	0950621	X		922120	Employee Dies Due To Heat Stroke
<input type="checkbox"/>	7	149541.01	08/22/2022	0418200	X		488190	Employee Is Killed By Possible Heart Attack Or Heat Exhausti
<input type="checkbox"/>	8	149045.01	08/19/2022	0950623	X		237310	Employee Dies From Heat Stroke After Working In Hot Environm
<input type="checkbox"/>	9	148722.01	08/08/2022	0625400	X		561730	Employee Suffers Heat Stroke And Dies While Digging Trench
<input type="checkbox"/>	10	148346.01	07/29/2022	0420300	X		541320	Employee Dies Of Heat Stroke
<input type="checkbox"/>	11	148202.01	07/26/2022	0454732	X		611310	Employee Dies Of Possible Heart Attack
<input type="checkbox"/>	12	151030.01	07/25/2022	0419400	X		561730	Employee Experiences Heat Stroke And Drowns
<input type="checkbox"/>	13	148177.01	07/25/2022	0454722	X		326112	Employee Dies Due To Natural Causes
<input type="checkbox"/>	14	148071.01	07/20/2022	0454722	X		811310	Employee Dies Of Heart Attack During Heat
<input type="checkbox"/>	15	148380.01	07/11/2022	0625700	X		541370	Employee Dies Due To Heat Exposure
<input type="checkbox"/>	16	147773.01	07/09/2022	0523300	X		811310	Employee Dies From Cardiac Arrhythmia
<input type="checkbox"/>	17	147838.01	07/07/2022	0627100	X		531311	Employee Dies From Heat Exhaustion
<input type="checkbox"/>	18	147767.01	07/06/2022	0453710	X		561730	Employee Dies From Heat Exhaustion
<input type="checkbox"/>	19	147643.01	07/05/2022	0551800	X		336360	Employee Dies From Cardiac Arrest
<input type="checkbox"/>	20	147712.01	07/05/2022	0751910	X		562998	Employee Dies From Heat Stroke After Working In Confined Spa

Heat Injury and Illness Prevention in Outdoor and Indoor Work Settings

A Proposed Rule by the [Occupational Safety and Health Administration](#) on 10/27/2021



PUBLISHED DOCUMENT



AGENCY:

Occupational Safety and Health Administration (OSHA), Labor.



ACTION:

Advance notice of proposed rulemaking (ANPRM).



SUMMARY:

OSHA is initiating rulemaking to protect indoor and outdoor workers from hazardous heat and is interested in obtaining additional information about the extent and nature of hazardous heat in the workplace and the nature and effectiveness of interventions and controls used to prevent heat-related injury and illness. This ANPRM provides an overview of the problem of heat stress in the workplace and of measures that have been taken to prevent it. This ANPRM also seeks information on issues that OSHA can consider in developing the standard, including the scope of the standard and the types of controls that might



DOCUMENT DETAILS

Printed version:

[PDF](#)

Publication Date:

10/27/2021

Agencies:

[Occupational Safety and Health Administration](#)

Dates:

Submit comments on or before
December 27, 2021.

Comments Close:

12/27/2021

Document Type:

Proposed Rule

Document Citation:

86 FR 59309

Page:

Applies ADOSH wide. Goal- Reduce exposure to heat-related hazards resulting in illnesses, injuries and deaths.

Includes :

Changes to current inspections

New Programmed inspections

Data Collection – Specific Coding

New Outreach activities

NWS – Triggers Programmed planned inspections

Violations can result in General Duty Citations

Inspections:

Site Scheduling – Appendix A – Tables 1 & 2

OSHA 300 log review

Records review - Heat related emergencies

Interview employees

Does employer have a program

Document the proactive steps

Document the hazards related to heat

Ref: OSHA Technical Manual Section III: Chapter 4

The Four Environmental Factors

Temperature

Ambient air temperature

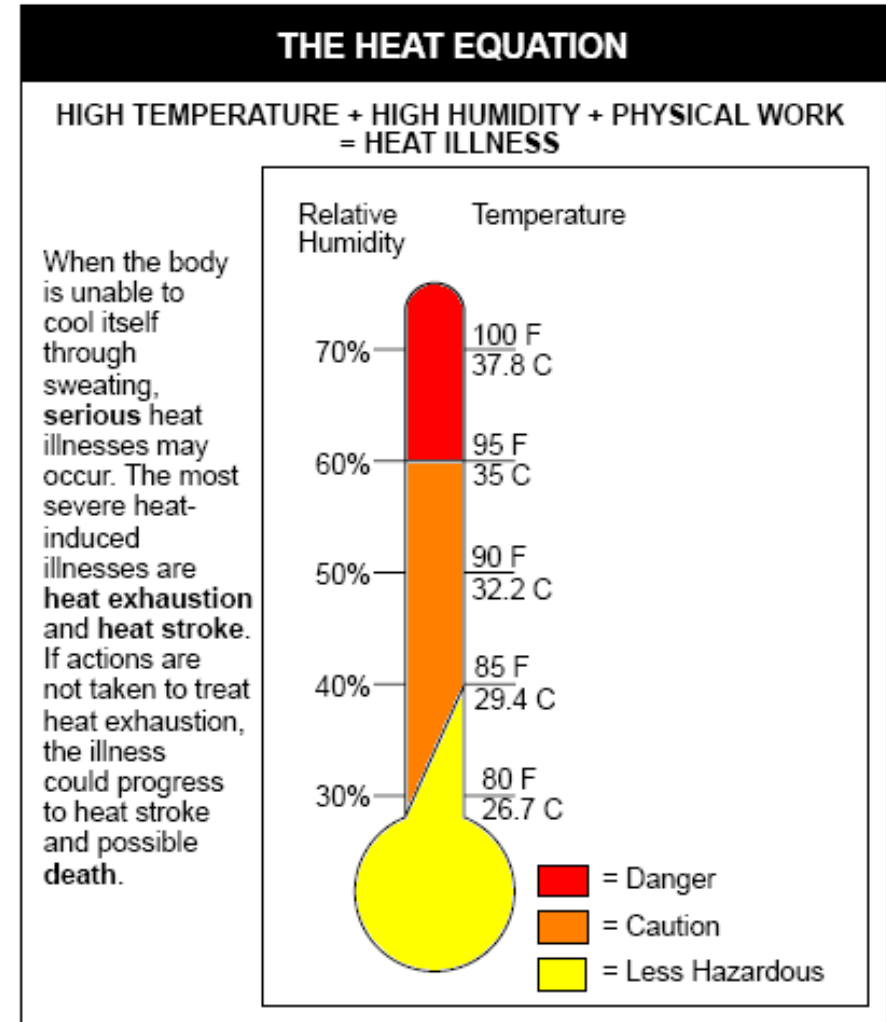
Humidity

Amount of moisture in the air

Physical Work

Air velocity

Circulating air



American Conference of Governmental Industrial Hygienists (ACGIH)

Causal Factors

- Age, weight, degree of physical fitness
- Degree of acclimatization, metabolism
- Use of alcohol or drugs

... as well as a variety of medical conditions such as hypertension all affect a person's sensitivity to heat.



Causal Factors

Prior heat injury predisposes an individual to additional injury

Type of clothing worn must be considered

Physical exertion

Medications

And more.....



Program or policy should contain

A plan or program (not mandated to be in writing) to discuss / address the following:

Acclimatization...(keep in mind vacation breaks)

Water are they doing about water (CDC recommends 50-60° (where possible)

Rest periods

Cooling areas such as shade structures or the availability of shade or an area to cool off.

Training – Symptoms, signs, prevention strategies

Employers are Responsible for Protecting Workers from Heat Illness

By law employers are responsible for providing workplaces free of known safety hazards, including extreme heat.

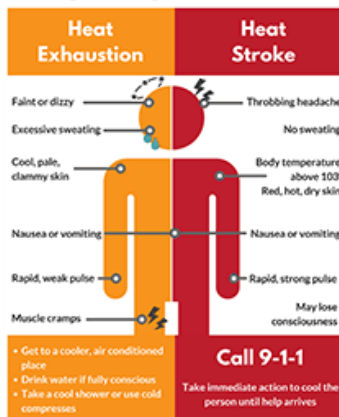
It is your responsibility to:

- Provide workers with water, rest and shade.
- Allow new or returning workers to gradually increase workloads and take more frequent breaks during the first week of work as they build a tolerance for working in the heat.
- Plan for emergencies and train workers on prevention.
- Monitor workers for signs of illness.

[osha.gov/heat](https://www.osha.gov/heat)



Recognize Signs of Heat Illness



There should also be a plan in the event of a heat emergency

As the Inspector consider:

Air movement

Clothing

Physical activity level

Machinery or equipment that produces radiant heat

Site Location

Heat Illness Prevention

Heat | [Employer Responsibilities](#) | [Information for Workers](#) | [More Resources](#) | [National Heat Contest](#)

Heat Illness Prevention

Every year, dozens of workers die and thousands more become ill while working in hot or humid conditions. OSHA's Heat Illness Prevention campaign educates employers and workers on heat hazards and provides resources to keep workers safe.



Employer Responsibilities

Employers can keep workers safe in the heat.

[Learn More](#)



Information for Workers

Understand workers' rights and what workers should know about heat illness.

[Learn More](#)



More Resources on Heat

Heat illness is serious, but you can prevent it.

[Learn More](#)

Featured Resources

[Hazard Alert: Extreme Heat Can Be Deadly to Workers \(PDF\)](#) • [\(Español \(PDF\)\)](#)
[Heat Injury and Illness Prevention in Outdoor and Indoor Work Settings Rulemaking](#)
[OSHA National Emphasis Program – Outdoor and Indoor Heat-Related Hazards Protecting Workers from the Effects of Heat \(PDF\)](#)
[Personal Risk Factors and Heat Exposure \(PDF\)](#)
[See all OSHA publications about Heat](#)

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By subscribing, you will receive our newsletter on heat illness prevention, The Heat Source.

[Subscribe](#)