

Watch Out For Heat Stress

Heat stress is a major cause of concern during the summer months, especially for golf course employees who spend countless hours out in the sun. Learn how to protect yourself and your staff from the harmful effects of heat stress.

Signs of Heat Stress:

Thirst ~ Headache ~ Nausea
Dizziness ~ Muscle Cramps ~ Weakness

If Heat Stress Occurs:

Call 911 for help and spray person with cool water
Place ice packs and/or use a fan on person

Protecting Workers in Hot Environments

Although the Occupational Safety and Hazard Administration (OSHA) offers no specific standards for heat stress, it does provide comprehensive information on protecting workers from heat stress in this fact sheet.

Talking About Disaster: Heat

Use this guide from the National Disaster Education Coalition (NDEC) to learn practical steps you can take to protect yourself at home and at work from the harmful effects of excessive heat.

Working in Hot Environments

The National Institute for Occupational Safety and Health (NIOSH) pamphlet provides you with an overview of the health hazards associated with working outdoors as well as alerts you to the steps you should take to prevent injury due to heat stress.

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