

IMPORTANT NOTICE ABOUT HOT AND HUMID WORKING CONDITIONS

Most (if not all) of Kentucky is experiencing high temperatures and high humidity levels, two (2) of the primary components that contribute to heat illness. Heat illness can be a matter of life and death. Employees exposed to hot and humid conditions, **outdoors or indoors**, are at risk and employers must ensure that employees are protected. Heat illness is **100% preventable**.

The Kentucky Occupational Safety and Health Program and OSHA are reaching out to employers and employees to raise awareness about the hazards of working in the heat along with the steps to prevent heat illnesses. As part of the campaign, OSHA created an outstanding [Heat Illness Webpage](http://www.osha.gov/SLTC/heatillness/index.html) at www.osha.gov/SLTC/heatillness/index.html.

The Kentucky OSH Program emphasizes two (2) key provisions.

1. Provision of Water -- most individuals exposed to hot conditions drink fewer fluids than needed because of an insufficient thirst drive. A worker should not depend on thirst to signal when and how much to drink. Instead, the worker should drink five (5) to seven (7) ounces of fluids every fifteen (15) to twenty (20) minutes to replenish necessary fluids.
2. Adequate Rest -- regular rest breaks aid workers in hot environments, whether the heat exposure is outdoors or indoors.

When work is performed outdoors, another important component is the provision of shaded break areas. Shaded areas provide workers with necessary relief from the sun.

Employers and employees are strongly encouraged to learn about heat illness and take necessary precautions.