

Technical Bulletin: Hot Weather Safety



Residential New Construction Program

BUILDING A SMARTER ENERGY FUTURESM

As we enter the middle of the summer and are having heatwaves across the United States, the Duke Energy RNC Program wants to inform our partners about some hot weather safety and heat related illness safety precautions. OSHA lists construction as an outdoor work environment where workers in the industry have suffered heat related illness.

The CDC has three tips for preventing heat related illness:

1. Stay cool.
 - Wear appropriate light-colored loose-fitting clothing.
 - Schedule outdoor activities carefully, try to do activities when it is coolest in the mornings or evening.
 - Pace yourself to not overheat.
 - Wear sunscreen with an SPF of 30 or higher and reapply regularly.
2. Stay hydrated.
 - Drink plenty of fluids, do not wait until you are thirsty.
 - Replace lost salts and minerals from sweating with a sports drink, avoid sodas.
3. Stay informed.
 - Check the weather and news for heat advisories.
 - Know the signs of heat related illnesses and how to treat them.

Common heat related illnesses and signs/symptoms are listed below.

Heat Related Illness	Signs/Symptoms
Heat Stroke	Confusion, Unconsciousness, Seizers, Slurred Speech, Heavy Sweating or Hot Dry Skin, Rapid Heart Rate
Heat Exhaustion	Fatigue, Irritability, Nausea, Dizziness, Elevated Heart Rate
Heat Cramps	Muscle Spasms or Pain
Heat Rash	Clusters of Red Bumps on Skin

[Heat Related Illnesses \(cdc.gov\)](https://www.cdc.gov/heat/index.html) is a great one-page document highlighting various types of heat related illnesses, their symptoms and treatment.

Always call 911 when in doubt.