

### Illness Prevention

program to protect you and your colleagues from heat stress-related illnesses, such as those listed below.

Heat stroke occurs when the body can no longer regulate its temperature and is indicated by hot, dry skin or profuse sweating, confusion, and fainting.

Heat rash is skin irritation caused by excessive sweating.

Heat exhaustion is the body's response to an excessive loss of water and salt and is indicated by headache, nausea, dizziness, and weakness.

Heat cramps are muscle cramps caused by low salt levels.

Learn more: Review the OSHA Heat Index [Guidelines](#), and complete Heat Stress in the Workplace [training](#)

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### Safety at Home

According to the Centers for Disease Control (CDC), an average of 9,235 hospitalizations and 702 deaths occur due to heat exposure each year in the U.S. To keep you and your friends, family, and neighbors safe this summer:

9 Ensure your building's air conditioning is in good condition, or locate nearby cooling centers.

9 Regularly check on vulnerable individuals (e.g., elderly) during heat advisories and

employees make the topic even more relatable.

Do you or your team have a safety story you'd like to share? For Additional Information, visit [Integrity](#), and mechanical rooms.

According to the Occupational Safety and Health Administration (OSHA), dozens of workers die, and thousands become ill due to heat stress each year. For this