

Natural Disasters and Severe Weather

Natural Disasters and Severe Weather > Extreme Heat > Protecting Disproportionately Affected Populations from Extreme Heat

Natural Disasters and Severe Weather

Earthquakes



Extreme Heat



At-Risk Extreme Heat

Protecting Disproportionately
Affected Populations from
Extreme Heat

Older Adults (Aged 65+)

Infants and Children

Chronic Medical Conditions

Low Income

At-Risk

Outdoor Workers

Pregnant Women

Heat Weather Tips

Heat and Outdoor Workers

[Detailed Description](#) | [Print](#)


People who work outdoors are more likely to become dehydrated and get heat-related ill.

If you have to work while it's hot outside:

- [Prevent heat illness with acclimatization](#)
- Drink plenty of water, and don't wait until you are thirsty to drink.
- Avoid alcohol or liquids containing large amounts of sugar.
- Wear and reapply sunscreen as indicated on the package.
- Ask if tasks can be scheduled for earlier or later in the day to avoid midday heat.
- Wear a brimmed hat and loose, lightweight, light-colored clothing.

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If you
activity

Ensure the Safety of Outdoor Workers

USA

The Local government should schedule outdoor work during the early morning or late in the evening when temperatures are cooler, ensure workers take regular breaks in shaded areas and have access to plenty of water during the heat wave.

Scheduling Work Time

Including health

Ensure water service

Coping with heat wav

3 GOOD HEALTH
AND WELL-BEING11 SUSTAINABLE CITIES
AND COMMUNITIES