

Natural Disasters and Severe Weather

Earthquakes

Extreme Heat

About Extreme Heat

Protecting Disproportionately Affected Populations from Extreme Heat

Older Adults (Age 65+)

Infants and Children

Chronic Medical Conditions

Low Income

Athletes

Outdoor Workers

Pregnant Women

Hot Weather Tips

Heat and Outdoor Workers

Essential Workers | Heat



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

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.

WARNING!

If you feel faint or weak, stop activity and get to a cool place.



Ensure the Safety of Outdoor Workers

KS, United States of America

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.

Including health

Scheduling Work Time

Ensure water service

Coping with heat wav