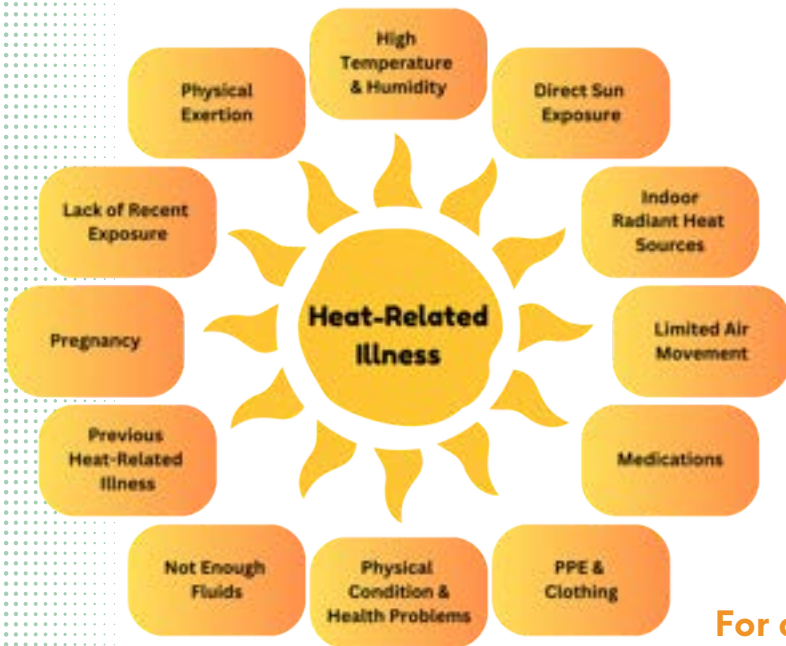


Same Old Temperatures, Brand New Initiative



We encourage employers to evaluate their preparedness for the Arizona heat by considering the following questions:

- Q Do you and your employees know the signs and symptoms of heat illness?
- Q Do you know how to manage an employee who shows symptoms of heat overexposure?
- Q Do you provide time for new and returning workers to acclimate?
- Q Do you monitor ambient temperature(s) and levels of work exertion at the work site?

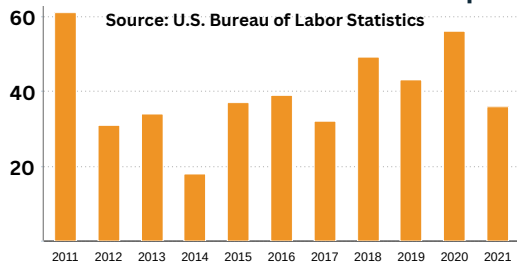
For any question or doubt, ADOSH can help you out!

FREE ADOSH CONSULTATION SERVICES: 1-855-268-5251

State Emphasis Program (SEP)

The Arizona Division of Occupational Safety and Health (ADOSH) implemented this SEP with an effective date of July 17, 2023. The goal of this SEP is to reduce worker exposure to heat-related hazards that result in illnesses, injuries, and deaths by inspecting industries and worksites in Arizona.

Work-related deaths from heat exposure



Consultation Services are FREE!

- Help to develop your heat program
- Review your existing heat program
- Provide training on heat-related topics
- Evaluate your workplace

What Should You Include in Your Heat-Related Illness Prevention Program?

- ✓ Acclimatization Plan
- ✓ Medical Monitoring Program
- ✓ Heat-Related Illness Training
- ✓ Heat Alert Program (HAP)
- ✓ Workplace Surveillance
- ✓ Job Task Exertion Levels
- ✓ First Aid Measures
- ✓ Outlined Responsibilities
- ✓ Hierarchy of Controls



Plan Ahead and Be Prepared

Provide training on heat illness to all workers. Have an emergency plan.



Heat Illness is Preventable

Drink cold water, take rest breaks, find shade, wear light colored clothing, check on each other.



Signs of a Medical Emergency

Abnormal behavior, slurred speech, seizures, loss of consciousness.



If Workers Experience:

Headaches, nausea, dizziness, heavy sweating, hot/dry skin, thirst, decreased urine output...



Take these Actions

Drink water, remove unnecessary clothing, move to a cooler shaded area, cool with water and ice, do not leave alone, when in doubt, call 911.

Scan the QR Code for Resources

