



# HEAT STRESS HANDBOOK

**SOLUTIONS, SUPPORT AND OUR COMPLETE HEAT STRESS LINE-UP**





# SWEET RELIEF FOR THE HOT AND BOTHERED

WHEN THE HEAT HITS THE STREETS AND YOUR BLOOD STARTS TO BOIL, CONSIDER US YOUR ROADSIDE OASIS ON THE HIGHWAY TO HELL.

*OK, bad news first. The heat stress risk is way worse than you thought.*

There’s the record (per BLS): heat exposure causes 1,000s of injuries and about 40 deaths on the job every year.

And there’s the reality (per OSHA): “Occupational heat-related illnesses, injuries, and fatalities may be underestimated”.

“Underestimated”? Here’s an example. An analysis of more than 11 million workers’ compensation injury reports in California from 2001 through 2018 found that working on days with hotter temperatures likely caused about 20,000 injuries and illnesses per year in that state ALONE. That’s 300 times the annual injuries and illnesses California OSHA (Cal/OSHA) attributes to heat. Three. Hundred. Times. No typo. Three-zero-zero.

*So what gives?*

Well, here’s a biggie: folks much smarter than us have proven time and time again that heat melts away the brain’s ability to do brain things at peak capacity. Reduced cognitive and physical functioning from the heat leads to recordables under another name . . . like, say, a “slip, trip or fall”. Meanwhile, the true instigator keeps a clean record. That heat stress is a real stinker.

*Now for the good news: safeguarding your crew is as straightforward as it gets.*

And while imitators have come and gone over the decades, nobody continues to bring more sweet relief solutions and expertise to the hot and bothered masses than the heat stress safety pioneers (that’s us).



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VIEW DOCUMENT  
ONLINE HERE



# THE KING OF COOL

By proclamation of the noble patrons of the worksite realm, let it be known far and wide: others may dabble, but we, purveyors of the finest protective gear in all the land, have ascended to the throne with a heat stress selection that reigns supreme.

**PRINT'S NOT DEAD,  
IT'S JUST A LIL' PUTZY.**  
CHECK OUT [ERGODYNE.COM](http://ERGODYNE.COM) FOR  
UP-TO-THE-NANOSECOND UPDATES ON  
OUR FULL LINE OF COOLING WORK GEAR

HYDRATION PACKS, COOLERS + WATER BOTTLES



JOBSITE FANS



SUNSCREEN



COOLING VESTS



COOLING TOWELS



COOLING HATS



COOLING MULTI-BANDS + GAITERS



PORTABLE WORK SHELTERS



SHIRTS + SLEEVES



COOLING HEADBANDS + BANDANAS



COOLING HARD HAT ACCESSORIES





# WATER. REST. SHADE.

## THE BASICS AS PRESCRIBED BY OSHA

From OSHA's mouth to your ears. These three words have long been the agency's straightforward prescription for safety in the swelter.



### WATER

Workers must have access to fresh, pure and suitably cool water at all times for all employees, which means the water needs to be cooler than ambient air.



### REST

More frequent and shorter periods of heat exposure are better than fewer, longer exposures. New employees and those returning from long absences should be especially mindful of work to rest ratio.



### SHADE

Workers in high heat conditions need a place that will block the direct sunlight and gives them a place to rest, get hydrated, and keep cool.



## WHAT'S YOUR RESPONSIBILITY?

By law, employers are responsible for providing workplaces free of known safety hazards, including extreme heat.

### IT IS YOUR RESPONSIBILITY TO:

- ✓ Provide workers with water, rest and shade.
- ✓ Allow new or returning workers to gradually increase workloads and take more frequent breaks during the first week of work as they build a tolerance for working in the heat.
- ✓ Plan for emergencies and train workers on prevention.
- ✓ Monitor workers for signs of illness.





# HYDRATION PACKS, COOLERS + WATER BOTTLES

Industrial coolers, hydration packs and water bottles for a convenient source of cool, clean refreshment that encourages crews to keep on chuggin'. Save the gin and juice for after the whistle blows—chug-a-lug on good old-fashioned H2O all day to live long and prosper.

HOLDS 72 CANS // 40 WATER BOTTLES

CAN BE USED AS A STOOL - SUPPORTS UP TO 300 LBS // 136.1KG

DESIGNED TO ACCEPT KLEIN ACCESSORIES. EASILY ADD A LIGHT OR SPEAKER. SOLD SEPARATELY.

EXTERIOR BOTTLE OPENER





**5171**  
INDUSTRIAL HARD SIDED COOLER - 48 QUART

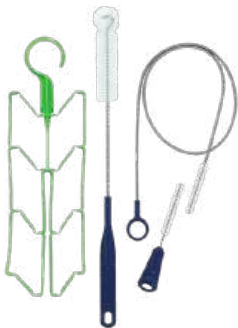


**5170**  
INDUSTRIAL HARD SIDED COOLER - 17 QUART

JOBSITE COOLER PALLET PROGRAM SAVE UP TO 20%	
DESCRIPTION	UNITS PER PALLET
5170 17qt. Jobsite Cooler	30
5171 48qt. Jobsite Cooler	20



**5155**  
LOW-PROFILE HYDRATION PACK - 2 LITER BLADDER



**5159**  
HYDRATION PACK BLADDER CLEANING KIT



**3775S//3775L**  
CAN/BOTTLE HOLDER + TRAP



**5156**  
LOW-PROFILE HYDRATION PACK WITH STORAGE - 3 LITER BLADDER



**5051B**  
3 LITER HYDRATION PACK REPLACEMENT BLADDER



**5151**  
BPA-FREE WATER BOTTLE - 34OZ



**5050B**  
2 LITER HYDRATION PACK REPLACEMENT BLADDER



**5152**  
INSULATED STAINLESS STEEL WATER BOTTLE - 25OZ



**5050M**  
MOUTHPIECE REPLACEMENT

WATER-RESISTANT POLYESTER

ANTIMICROBIAL BITE VALVE WITH COVER

LIGHTWEIGHT AND LOW PROFILE





# JOBSITE FANS

Rechargeable, portable and powerful. Chill-Its® Jobsite Fans put a hit of sweet relief right where you need it with 360° swivel action, multiple speeds and versatile mounting options...ahhhh...feel that? Glorious. So whether summer's laying it on thick or you're sweating it out in an attic turned hot yoga studio, you can rejoice and rejuvenate with every revolution. Stay breezy, baby.



MULTIPLE WAYS TO MOUNT

**RUNTIME**  
LOW: 12HRS  
HIGH: 5HRS

ROTATING  
HEAD

**6090**  
RECHARGEABLE  
PORTABLE JOBSITE FAN



# SUNSCREEN

Life may be a beach, but your workday? Far from it. You need full-throttle sunscreen formulated and tested to withstand the daily grind. So slather up with KREW'D®, the no BS SPF made to save your precious hide from the relentless blast of cancer-causing UV rays without all the frills, fragrances and fanciful beauty counter bunk—No stink. No drip. No bull.



**6351**  
SPF 50 SUNSCREEN LOTION  
- 8OZ



**6352**  
SPF 50 SUNSCREEN LOTION  
- 1.5OZ



**6353**  
SPF 50 SUNSCREEN SPRAY  
- 5.5OZ



**6355**  
SPF 50 SUNSCREEN LOTION  
- 32OZ



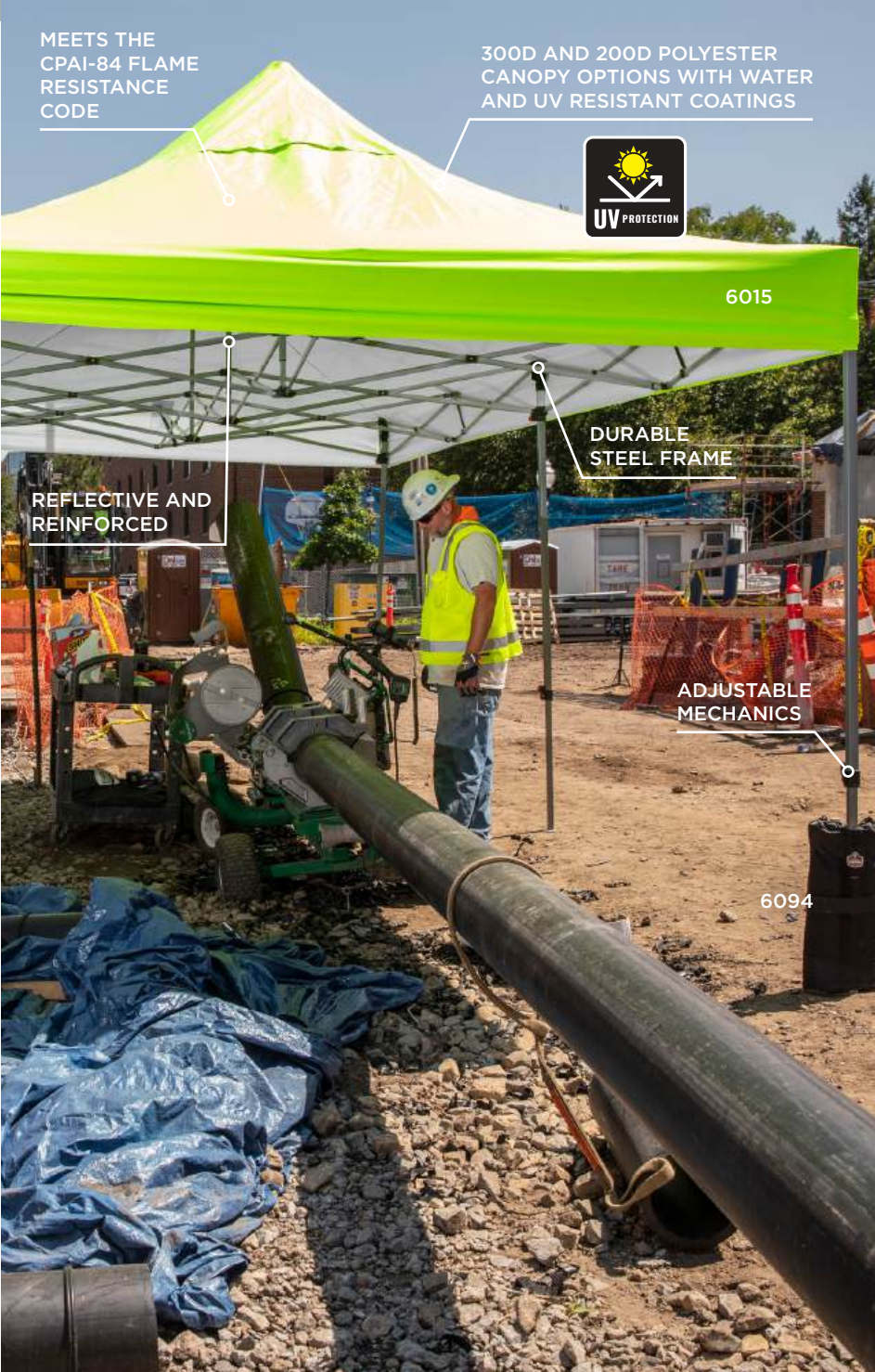


# PORTABLE WORK SHELTERS

The sun—our neighborhood star and the basis of all life on earth. But, some days, our “friend” serves a serious beat down on workers by sapping productivity, dehydrating bodies and burning skin. Well, the cries of “Gimme Shelter” have been heard and SHAX® Portable Work Shelters are here to deliver.



**6015**  
HEAVY-DUTY POP-UP TENT -  
10FT X 20FT



MEETS THE  
CPAI-84 FLAME  
RESISTANCE  
CODE

300D AND 200D POLYESTER  
CANOPY OPTIONS WITH WATER  
AND UV RESISTANT COATINGS



6015

DURABLE  
STEEL FRAME

REFLECTIVE AND  
REINFORCED

ADJUSTABLE  
MECHANICS

6094

## SHAX SHELTER PALLET PRICING SAVE UP TO 25%



**BUY IN BULK  
AND SAVE BIG!**

6000: 20 QTY. PALLET AVAILABLE  
6010: 25 QTY. PALLET AVAILABLE  
6015: 10 QTY. PALLET AVAILABLE



6010



**6052**  
HEAVY-DUTY POP-UP TENT KIT + MESH  
WINDOWS - 10FT X 10FT (INCLUDES 1 TENT, 2  
SIDEWALLS WITH MESH WINDOWS, 2 40LB WEIGHT  
BAGS AND 1 LARGE WHEELED STORAGE BAG)



**6051**  
HEAVY-DUTY POP-UP TENT KIT -  
10FT X 10FT (INCLUDES 1 TENT, 2 STANDARD  
SIDEWALLS, 2 40LB WEIGHT BAGS AND 1 LARGE  
WHEELED STORAGE BAG)



**6053**  
ENCLOSED POP-UP TENT KIT -  
10FT X 10FT (INCLUDES 1 TENT, 1 ZIPPERED SIDE-  
WALL, 3 STANDARD SIDEWALLS, 2 40LB WEIGHT  
BAGS AND 1 LARGE WHEELED STORAGE BAG)



**6000**  
HEAVY-DUTY POP-UP TENT -  
10FT X 10FT



**6010**  
LIGHTWEIGHT POP-UP TENT -  
10FT X 10FT

### 6005 10 X 10 CUSTOM BRANDED TENT

- Complete custom tent canopies with full-color wide dye sublimation
- No color limitations - entire canopy & valance printing capabilities
- Durable woven canopy with waterproof application
- Tested & approved, meets ASTM-84 & NFPA-701

Rep your company, charity or team by customizing our SHAX® 10x10 with a unique logo, pattern or slogan. Visit [ergodyne.com/custom-tents](http://ergodyne.com/custom-tents) for more info, including artwork requirements and pricing quotes.

*\*Only available on Shax® 6000 model*



6005



# PORTABLE WORK SHELTERS



**6010C**  
REPLACEMENT POP-UP TENT  
CANOPY - 10FT X 10FT



**6000C**  
REPLACEMENT POP-UP TENT  
CANOPY - 10FT X 10FT



**6015C**  
REPLACEMENT POP-UP TENT  
CANOPY - 10FT X 20FT



**6096**  
10' POP-UP TENT SIDEWALL WITH  
ZIPPER - 10FT X 10FT TENT



**6098**  
10' POP-UP TENT SIDEWALL -  
10FT X 10FT TENT



**6054**  
10' POP-UP TENT SIDEWALL KIT -  
10FT X 10FT TENT (INCLUDES 1 ZIPPERED  
SIDEWALL AND 3 STANDARD SIDEWALLS)



**6097**  
20' POP-UP TENT SIDEWALL -  
10FT X 20FT TENT



**6091**  
10' POP-UP TENT SIDEWALL -  
10FT X 20FT TENT



**6092**  
10' POP-UP TENT SIDEWALL WITH  
MESH WINDOW - 10FT X 10FT TENT



**6094**  
TENT WEIGHT BAGS - 2-PACK



**6192**  
UMBRELLA GROUND SPIKE



**6100**  
LIGHTWEIGHT WORK UMBRELLA



**6199**  
LIGHTWEIGHT WORK UMBRELLA  
AND STAND KIT (INCLUDES 1 UMBRELLA  
AND 1 UMBRELLA STAND)



**6190**  
UMBRELLA STAND



**6193**  
UMBRELLA TRAILER HITCH MOUNT



**6000B**  
REPLACEMENT 10FT X 10FT  
TENT STORAGE BAG



**6015B**  
REPLACEMENT 10FT X 10FT  
TENT STORAGE BAG





# COOLING PPE

## BEYOND WATER. REST. SHADE.

Along with the biggies of water, rest and shade, experts recommend cooling PPE as a simple way to maintain safe body and skin temps throughout the shift.

FIND YOUR CHILL: [ergo.zone/coolingtech](https://ergo.zone/coolingtech) >>>

### CHILL-ITS COOLING TECHNOLOGIES: THE [RE]BIRTH OF COOL

Cutting-edge tech transports sweet relief light years beyond frozen washcloths and clunky ice packs.



What cooling gear  
is right for me?



#### WET EVAPORATIVE TECHNOLOGY

##### HOW IT WORKS

Similar to sweat, advanced tech such as PVA, microfiber and polymers draw heat away from the body to keep you cooler longer.

##### BEST FOR

Hot and dry outdoor environments with low/moderate humidity and sufficient airflow.

##### COOLING TIME

Up to four hours.

##### HOW TO ACTIVATE

Run or soak in water for between 1-5 minutes (depending on technology).



#### DRY EVAPORATIVE TECHNOLOGY

##### HOW IT WORKS

Gradually releases water via evaporation from the inside out to keep you comfortably cool and dry.

##### BEST FOR

Hot and dry outdoor environments with low humidity and sufficient airflow.

##### COOLING TIME

Up to three days.

##### HOW TO ACTIVATE

Fill with 13-17oz of water.



#### PHASE CHANGE TECHNOLOGY

##### HOW IT WORKS

Low-bulk charge packs maintain constant 64°F (18°C).

##### BEST FOR

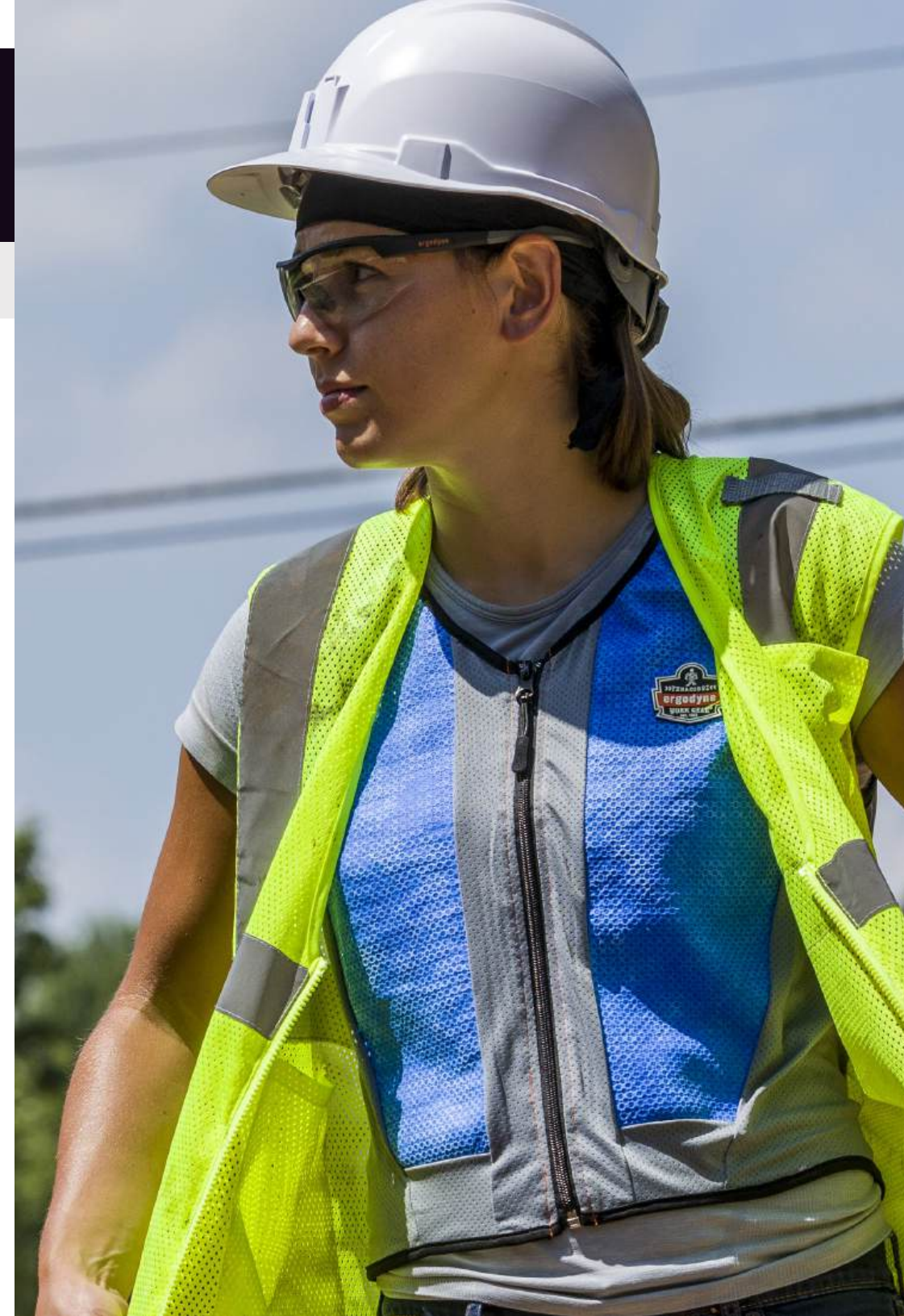
Hot indoor environments (no airflow required, indoors and under other layers).

##### COOLING TIME

Two to four hours (depending on type of vest).

##### HOW TO ACTIVATE

Place in cooler of ice water, freezer, refrigerator or near air conditioner for between 5-60 minutes (depending on method).



## YOU NEED COOLIN' . . .

The foremost heat stress hot shots agree: OSHA's Water, Rest and Shade Guidelines are really just the start.

“ Body cooling is one of the most underutilized strategies. If [workers] have some sort of body cooling such as vests... that is going to be huge [in helping] them tolerate the heat. ”

- Maggie Morrissey, Director,  
Korey Stringer Institute, Laborer Division  
via Radio Free Tenacity podcast



Expert advice on eliminating  
heat-related illness and injury

Listen now!



# SHIRTS + SLEEVES

Cool threads, man. Cover up, cool down and work smart with Chill-Its® Cooling Shirts and Sleeves—the frostiest UV-blocking, core-cooling, sweat-sopping fashion statement under the sun.



**6500**  
WRIST SWEATBAND -  
TERRY CLOTH - PAIR



**6691**  
COOLING ARM SLEEVES -  
PERFORMANCE KNIT - PAIR  
SIZING: M-2XL



MESH PANELING ON BACK  
AND UNDERARMS FOR A  
BREATHABLE FIT

6689



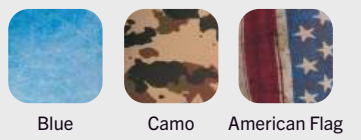
**6689**  
COOLING LONG SLEEVE SUN SHIRT  
WITH UV PROTECTION  
SIZING: S-3XL



**6688**  
COOLING HI-VIS SUN SHIRT WITH UV  
PROTECTION - TYPE R, CLASS 2  
SIZING: S-3XL



**6695**  
SUN PROTECTION  
ARM SLEEVES - PAIR  
SIZING: M/L & XL/2XL



**6690**  
COOLING ARM SLEEVES -  
PERFORMANCE KNIT - PAIR  
SIZING: M-2XL





# COOLING VESTS

When the gig flips you from frying pan to fire, Chill-Its® Cooling Vests keep you cool to the core. Choose from dry evaporative, wet evaporative and phase change technologies for heavenly relief in any hellscape, indoors or out.



EASY ACTIVATION



**6685**  
DRY EVAPORATIVE COOLING VEST -  
ZIPPER CLOSURE  
SIZING: M-4XL



**6687**  
DRY EVAPORATIVE COOLING VEST -  
ELASTIC WAIST  
SIZING: S/M & L/XL



EASY ACTIVATION



**6665**  
EVAPORATIVE COOLING VEST -  
EMBEDDED POLYMERS, ZIPPER  
CLOSURE  
SIZING: M-3XL



**6667**  
WET EVAPORATIVE COOLING VEST -  
PVA, ZIPPER CLOSURE  
SIZING: M-5XL



**6668**  
HI-VIS SAFETY COOLING VEST - TYPE R,  
CLASS 2 - EMBEDDED POLYMERS,  
ZIPPER CLOSURE  
SIZING: S-2XL



**6215**  
PREMIUM FR PHASE CHANGE COOLING  
VEST WITH RECHARGEABLE ICE PACKS  
- 6225 WITHOUT ICE PACKS  
SIZING: S/M & L/XL



**6230**  
STANDARD PHASE CHANGE COOLING  
VEST WITH RECHARGEABLE ICE  
PACKS - 6235 WITHOUT ICE PACKS  
SIZING: S/M & L/XL



**6260**  
LIGHTWEIGHT PHASE CHANGE COOLING  
VEST WITH RECHARGEABLE ICE PACKS  
- 6255 WITHOUT ICE PACKS  
SIZING: S/M-2XL/3XL



**6240**  
PHASE CHANGE COOLING VEST  
ELASTIC EXTENDERS



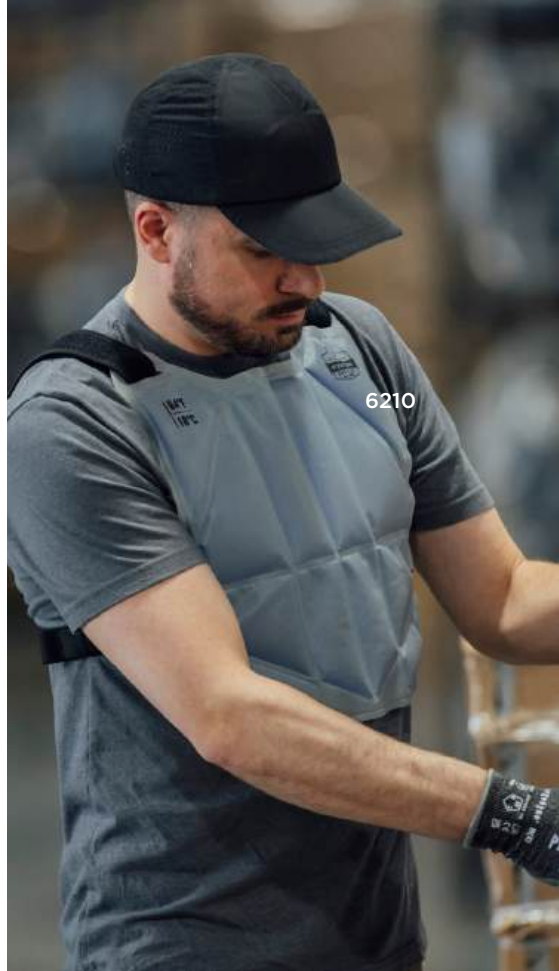
**6250**  
RECHARGEABLE PHASE CHANGE  
ICE PACKS FOR LIGHTWEIGHT  
COOLING VEST - 4-PACK



**6220**  
RECHARGEABLE PHASE CHANGE  
ICE PACKS FOR COOLING VEST -  
2-PACK  
SIZING: S/M & L/XL



**6210**  
PHASE CHANGE COOLING ICE VEST  
SIZING: OS



6210



# COOLING TOWELS

Feel like a human salt lick lately? Chill-Its® Cooling Towels use evaporative technology to instantly transform sweat and water into hours of sweet cooling relief. It's not magic, it's science!

## COOLING TOWEL COLORS

\*Note: All colors not necessarily available in all styles.  
See specific product for listing.



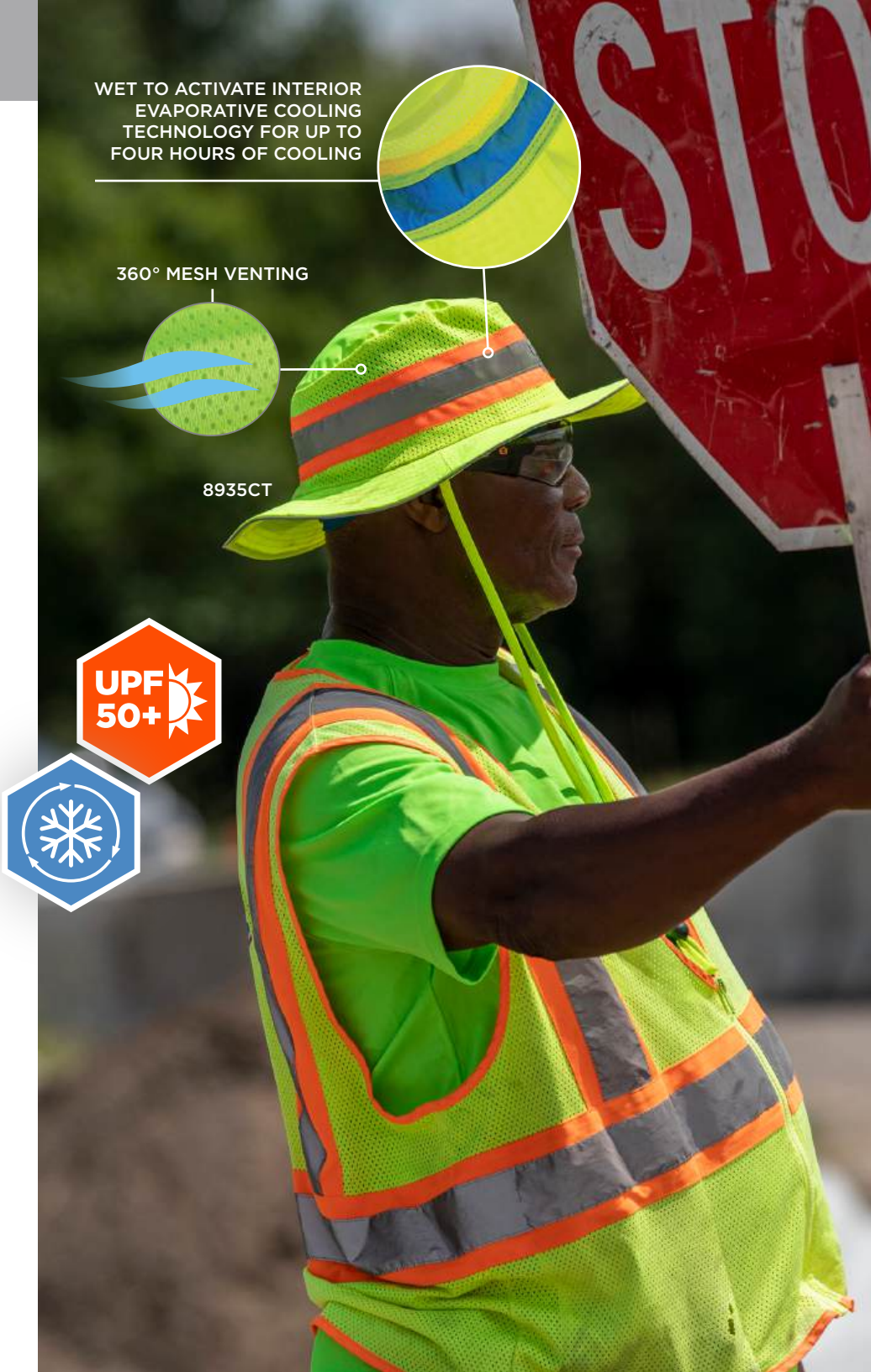
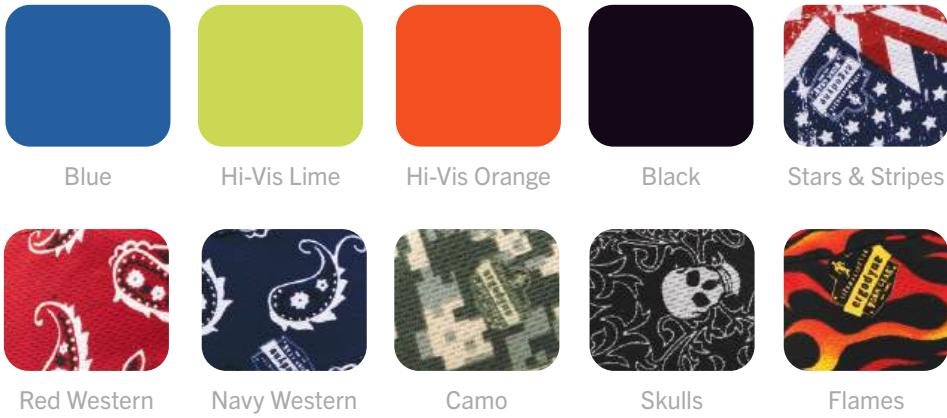


# COOLING HATS

It's time to let cooler heads prevail. Chill-Its® Cooling Hats sop up sweat to turn hot n' bothered into heat-beating happiness—because keeping your cool (and keeping perspiration out of your eyes) is not only smart, it's safe.

## CHILL-ITS® COLORS & PATTERNS

\*Note: All colors not necessarily available in all styles.  
See specific product for listing.



**8934**  
RANGER HAT WITH NECK SHADE  
SIZING: S/M & L/XL



**8935CT**  
HI-VIS RANGER SUN HAT -  
PVA COOLING  
SIZING: S/M-2XL/3XL



**8935MF**  
HI-VIS RANGER SUN HAT -  
MICROFIBER COOLING  
SIZING: S/M-2XL/3XL



**8936**  
LIGHTWEIGHT RANGER HAT -  
MESH PANELING  
SIZING: S/M & L/XL



**8937**  
PERFORMANCE COOLING  
BASEBALL HAT



**8939**  
COOLING BUCKET HAT



**6650**  
HIGH-PERFORMANCE COOLING HAT  
AND NECK SHADE



**6630**  
HIGH-PERFORMANCE SKULL CAP -  
TERRY CLOTH SWEATBAND



**6632**  
COOLING SKULL CAP -  
PERFORMANCE KNIT





# COOLING HEADBANDS + BANDANAS

When it feels like your gray matter is being brought to a boil, Chill-Its® Cooling Headbands and Bandanas are the simple solution for mind-blowing comfort. Soak in water, slap it on your head, and BAM. Instant brain freeze with every breeze.



**6702**  
COOLING BANDANA - POLYMER EMBEDDED  
BATTING MATERIAL, TIE CLOSURE



**6700**  
EVAPORATIVE COOLING BANDANA  
HEADBAND - POLYMERS, TIE CLOSURE



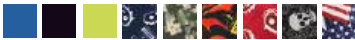
**6700CT**  
EVAPORATIVE COOLING BANDANA  
HEADBAND - PVA, TIE CLOSURE



**6700FR**  
EVAPORATIVE FR COOLING  
BANDANA HEADBAND - POLYMERS,  
TIE CLOSURE



**6705**  
EVAPORATIVE COOLING BANDANA  
HEADBAND - POLYMERS, HOOK  
AND LOOP



**6705CT**  
EVAPORATIVE COOLING BANDANA  
HEADBAND - PVA, HOOK AND LOOP



**6605**  
HIGH-PERFORMANCE HEADBAND -  
TERRY CLOTH SWEATBAND



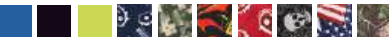
**6550**  
HEAD SWEATBAND - TERRY CLOTH



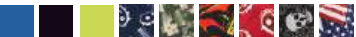
**6634**  
COOLING HEADBAND -  
PERFORMANCE KNIT



**6615**  
HIGH-PERFORMANCE BANDANA DO  
RAG - TERRY CLOTH SWEATBAND



**6710CT**  
EVAPORATIVE COOLING BANDANA  
TRIANGLE HAT - PVA, TIE CLOSURE



**6710**  
EVAPORATIVE COOLING BANDANA  
TRIANGLE HAT - POLYMERS,  
TIE CLOSURE



**6710FR**  
EVAPORATIVE FR COOLING BANDANA  
TRIANGLE HAT - POLYMERS,  
TIE CLOSURE



# COOLING MULTI-BANDS + GAITERS

Head, neck, wrists . . . target key cooling zones with a charge of chill, cover up exposed skin and soak up the sweat before it blurs your view of a job well done.



Wear it as a face mask, headband, neck gaiter, do rag and more—adaptability is woven into the very fabric of every Chill-Its® Multi-Band.



6485  
MULTI-BAND



MULTI-BAND COLOR & PATTERN AVAILABILITY:



6484  
REFLECTIVE MULTI-BAND  
PERFORMANCE KNIT



6486  
FR MULTI-BAND



6487R  
REFLECTIVE COOLING MULTI-BAND  
- PERFORMANCE KNIT



6493FR  
FR COOLING NECK GAITER



6487  
COOLING MULTI-BAND -  
PERFORMANCE KNIT



6489  
2-LAYER COOLING MULTI-BAND -  
PERFORMANCE KNIT

SIZING: S/M-2XL/3XL

6482

COOLING NECK GAITER BANDANA  
WITH RECHARGEABLE PHASE  
CHANGE ICE PACKS - 6483  
WITHOUT ICE PACK - 6283 ICE PACK ONLY  
SIZING: S/M & L/XL



## MULTI-BAND CHANGE IT AS THE WIND BLOWS

Wear it as a face mask, headband, neck gaiter, do rag and more—adaptability is woven into the very fabric of every Chill-Its® Multi-Band. Made of soft, stretchable, machine-washable material for comfortable, breathable protection against sun, dust, debris, droplets and more. Thread for thread, it may be the hardest working member of the entire line of Tenacious Work Gear®.

FEATURES

- BLOCKS WIND, SUN & DUST – Ultimate protection from the elements and comfortable face coverage
- MACHINE WASHABLE – For clean re-use
- MULTIPLE WAYS TO WEAR – Wide variety of style and usage configurations
- LOW-PROFILE – Can be worn by itself or under a hard hat
- MOISTURE-WICKING – When dry, will absorb sweat & wick moisture away
- ANTI-MICROBIAL TREATMENT – Reduces odors caused by sweat



# COOLING HARD HAT ACCESSORIES

Hard hat heat can take a hike. Chill-Its® Cooling Hard Hat Liners, Shades and Sweatbands seamlessly integrate into hard hat and safety helmet suspensions to prove that cool and compliant don't have to be mutually exclusive.



**6717CT**  
EVAPORATIVE COOLING  
HARD HAT LINER PAD AND  
NECK SHADE - PVA



6717CT



DARK BRIM UNDERSIDE  
REDUCES GLARE FROM  
THE SUN

UPF  
50+

LIGHTWEIGHT

6661

NECK SHADE ROLLS UP  
AND SNAPS AWAY WHEN  
NOT IN USE



**6660**  
HARD HAT BRIM AND NECK SHADE



**6661**  
UNIVERSAL HARD HAT BRIM WITH  
NECK SHADE



**6609**  
HARD HAT SWEATBAND LINER -  
TERRY CLOTH



**6716**  
EVAPORATIVE COOLING HARD HAT  
LINER - POLYMERS



**6612**  
MOISTURE-WICKING HARD HAT  
TOP PAD (3-PACK)



**6613**  
MOISTURE-WICKING HARD HAT  
RATCHET PAD (3-PACK)



**6611**  
MOISTURE-WICKING HARD HAT  
SWEATBAND (3-PACK)



**6715CT**  
EVAPORATIVE HARD HAT COOLING  
PAD - PVA



**6715**  
EVAPORATIVE HARD HAT COOLING  
PAD - POLYMERS



**6670CT**  
EVAPORATIVE COOLING HARD HAT  
NECK SHADE - PVA



**6717**  
EVAPORATIVE COOLING HARD HAT  
LINER PAD AND NECK SHADE -  
POLYMERS



**6717FR**  
EVAPORATIVE COOLING FR HARD  
HAT LINER PAD AND NECK SHADE -  
POLYMERS

FR



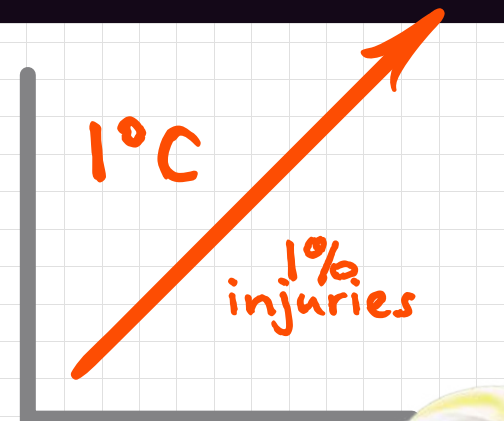
**WATER + AIR = ACTIVATED COOLING HEADWEAR**



# HEAT STRESS ILLNESS + INJURIES

## RIISING TEMPS, RISING RISK

For every increase in tempeature by 1°C, there's a 1% increase in workplace injuries.



Source: USA Today



Visit [ergo.zone/heat](https://ergo.zone/heat) for more info on preventing heat stress illness and injuries

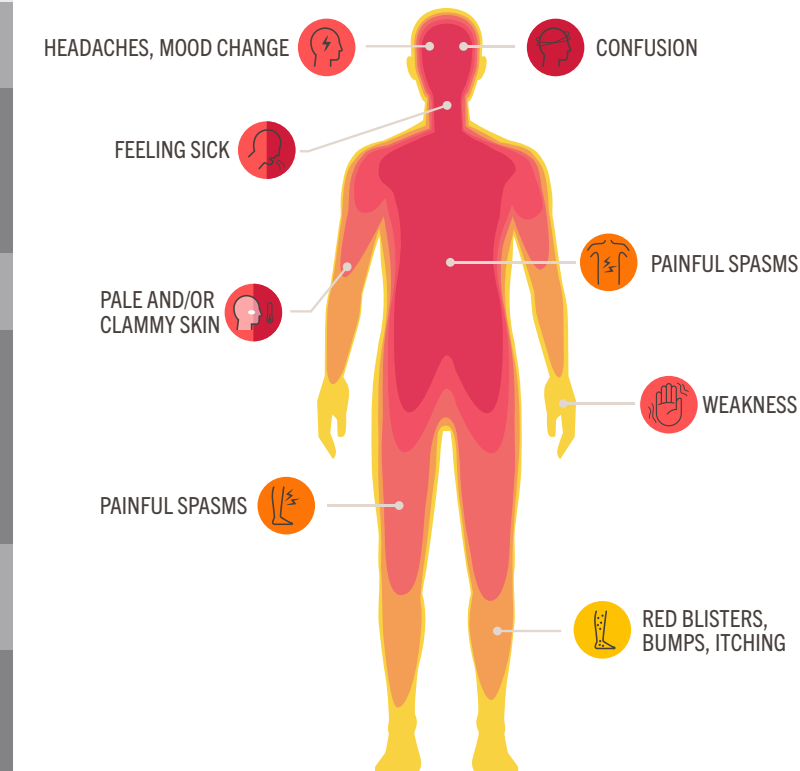
## HOW HEAT STRESS HAPPENS

3 Severe illness occurs when body temperature reaches 104°F (40°C)

2 Once body temps reach 99.7°F (37.6°C), heat stress has begun to affect the body

1 Body's means of controlling its internal temperature starts to fail

## HEAT STRESS ILLNESSES



## HEAT STRESS INJURIES

“ Hazardous heat can impair job tasks related to complex cognitive function and also reduce decision-making abilities and productivity. Additionally, a growing body of evidence has demonstrated that these heat-induced impairments may result in significant occupational injuries that are not currently factored into assessments of the health hazards resulting from occupational heat exposure. ”

From *Heat Injury and Illness Prevention in Outdoor and Indoor Work*,  
Occupational Safety and Health Administration (OSHA)



# HEAT STRESS STANDARDS



OSHA's National Emphasis Program (NEP) for Heat is the agency's first nationwide enforcement measure to protect millions of outdoor and indoor workers from the increasing threat of heat-related illness.

Building upon their ongoing initiatives, the NEP greenlights OSHA to conduct heat-related inspections on high-risk worksites while encouraging protective measures such as training, acclimatization procedures, and access to water, rest and shade.

## TARGETED INDUSTRIES: CONSTRUCTION

- Residential + Commercial Building
- Utilities
- Roadwork
- Civil Engineering
- Contractors
- And more

## TARGETED INDUSTRIES: NON-CONSTRUCTION

- Manufacturing
- Farming
- Transportation
- Automotive
- Warehousing + Storage
- And more

WHAT CAN YOU EXPECT  
DURING AN OSHA INSPECTION?

### DURING INSPECTIONS, COMPLIANCE SAFETY AND HEALTH OFFICERS (CSHOS) WILL:

- ✓ **Review logs and incident reports** for entries indicating heat-related illness, as well as records of heat-related ER visits and ambulance transport.
- ✓ **Interview workers for symptoms of heat-related illnesses**, including headache, dizziness or dehydration.
- ✓ **Review employer's plans for addressing heat exposure** and associated training records. Identify all conditions and activities relevant to heat-related hazards.

When all elements of a violation are established, Area Directors are responsible for issuing citations for hazards under the General Duty Clause. Hazard Alert Letters (HALs) may also be sent.



Everything you  
need to know  
about the Heat  
Stress NEP





# WHY ERGODYNE

## ENHANCE YOUR HEAT-SEEKING CAPABILITIES



We'll help you target risk, plan your attack and deploy the broadest range of heat stress safety solutions available.

### INNOVATION



When it comes to worker safety, complacency kills. Which is why we never come to the table without new ideas to share and innovative solutions to add to your safety strategy.

### COLLABORATION



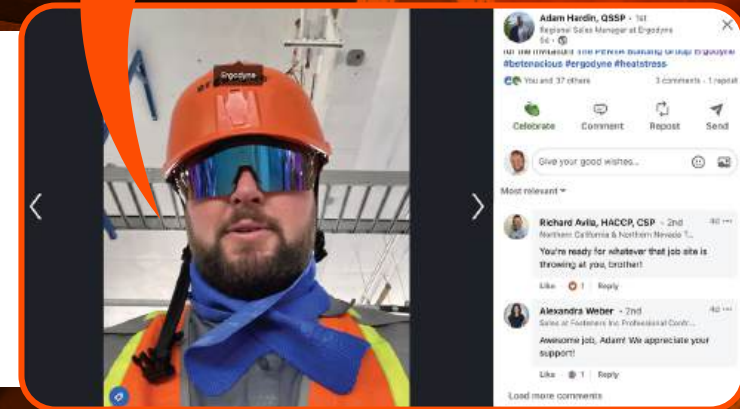
Tenacious Work Gear® is built and tested with worker input. ALWAYS. Because everything we do is driven by a commitment to deeply knowing what work crews are up against, day after day.

### EDUCATION



From jobsite risk assessments to policy creation and schooling crews in the proper use of safety gear, we're here to help you and your crew work safer, smarter and just plain better.

No plan?  
Be a lot cooler  
if you did.



## DEPLOY OUR HEAT STRESS STRIKE FORCE

QSSP/OSHA 30 certified safety pros  
ready to size up your heat stress.  
[support@ergodyne.com](mailto:support@ergodyne.com) | 800 225-8238

**QSSP**  
QUALIFIED SAFETY SALES PROFESSIONAL

**OSHA**  
OSHA 30 CERTIFIED





#### INTERGALACTIC HEADQUARTERS:

44° 58' 18.31" N 93° 09' 12.88" W ALT. 934 FT.  
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SUITE 220 SAINT PAUL, MN, USA 55108

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**HEAT STRESS SOLUTIONS:  
RELIEF IS CALLING.  
BETTER PICK UP.**