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Nevada OSHA Urges Employers to Protect Employees from Heat-Related Illness

Las Vegas – The Nevada Occupational Health & Safety Section (OSHA) of the Division of Industrial Relations is urging employers to protect employees from heat-related illness as the temperatures in Nevada begin to rise.

As we head into the summer months, working outdoors can become hazardous, leading to heat illness, particularly in industries such as agriculture and landscaping, construction, road repair, airport baggage handling and outdoor sales.

Heat illness occurs when body temperature rises to dangerous levels. Heat illness often starts with heat rash followed by heat cramps, which can lead to heat exhaustion. If heat exhaustion is not treated quickly, it can rapidly escalate to heat stroke, which can be fatal.

In conjunction with federal OSHA's national outreach campaign about heat illness, Nevada OSHA is reminding employers and workers that heat-related illness is preventable by following three simple steps: water, rest and shade.

According to federal OSHA, "Drinking water often, taking breaks, and limiting time in the heat can help prevent heat illness. Employers should include these prevention steps in worksite training and plans."

Nevada OSHA encourages all citizens to visit <http://www.osha.gov/SLTC/heatillness/index.html> for information and resources on heat illness, including how to prevent it and what to do in case of an emergency.

To learn more about Nevada OSHA, go to <http://dirweb.state.nv.us/OSHA/osha.htm>.

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