

## SHIPYARD EMPLOYMENT

### Protecting Workers from Heat Illness in Confined Spaces

Working in confined spaces **can increase a worker's risk of heat illness.**

- The temperature is often higher than outside air
- There is usually low airflow
- Personal protective equipment (PPE) can cause body overheating



## Know the signs of heat illness

**Take action at the first sign of heat illness. Heat illness can worsen quickly. When in doubt, call 911!**

### If a worker experiences:

- Headache or nausea
- Weakness or dizziness
- Heavy sweating or hot, dry skin
- Elevated body temperature
- Thirst
- Decreased urine output

### Take these actions:

- Leave the confined space
- Move to a cooler area
- Give water to drink
- Remove PPE and unnecessary clothing
- Cool with water, ice, or a fan
- Do not leave alone
- Seek medical care if needed



**The following are signs of a medical emergency!**



- Abnormal thinking or behavior
- Slurred speech
- Seizures
- Loss of consciousness

**1 » CALL 911 IMMEDIATELY**

**2 » COOL THE WORKER RIGHT AWAY WITH WATER OR ICE**

**3 » STAY WITH THE WORKER UNTIL HELP ARRIVES**

## What you can do to prevent heat illness

### Create a plan and provide training

- Develop a plan that aids in preventing heat illness and communicate it to supervisors and workers. Include elements such as monitoring, acclimatization, work-or rest- schedule, and emergencies.
- Train all workers on heat illness risks, symptoms, and response procedures, as well as prevention measures.

### Plan work schedules

- Allow new and returning workers to build tolerance to heat (acclimatize) and take frequent breaks. **Follow the 20% rule.** This safety practice prescribes that no more than 20% of the shift's duration is worked at full intensity in the heat for the first day. Increase the duration of time at full intensity by no more than 20% a day until workers are used to working in the heat.
- Adjust work durations or period of day work is scheduled based on heat conditions. Consider rotating jobs among workers.

- Allow frequent rest breaks. Breaks should be long enough for workers to recover from heat given the temperature, humidity, and working conditions.

### Set controls and monitor on-site activity

- Check the temperature in the space before work. Use the **OSHA-NIOSH Heat Safety Tool App** when planning outdoor activities.
- Ventilate the space to bring in cooler air and create airflow.
- Implement a buddy system where workers monitor themselves and each other for signs of heat illness.
- Designate a cool or shady area for breaks.
- Provide cool drinking water. Encourage workers to drink at least 1 cup every 20 minutes.
- Have workers wear loose-fitting, breathable clothing, where possible.





For more information: 1-800-321-OSHA (6742)

TTY 1-877-889-5627

[www.osha.gov/heat](http://www.osha.gov/heat)

For more information on other confined space hazards visit  
[www.osha.gov/maritime](http://www.osha.gov/maritime).

Federal law entitles you to a safe workplace. You have the right to speak up about hazards without fear of retaliation.

See [www.osha.gov/workers](http://www.osha.gov/workers) for information about how to file a confidential complaint with OSHA and ask for an inspection.

Scan the QR code for more information.

