
As summer temperatures climb and heat waves become more frequent, heat stress is a serious risk for anyone working outdoors. This month's safety newsletter covers how to recognize the warning signs, implement prevention strategies, and respond effectively.

Take a few minutes to review these essential tips to stay safe, healthy, and productive throughout the season.

What is the most severe type of heat-related illness?

- A. Heat Cramps
- B. Heat Exhaustion
- C. Heat Stroke

Answer at the end of the email.



(Missed a previous email? [Click here](#) to see an archive of previous months' safety emails on Rockwood's Loss Control website).



What is Heat Stress?

Heat stress happens when the body can't cool itself properly in hot environments. It ranges from mild heat cramps to life-threatening heat stroke.

Heat cramps: painful muscle spasms due to salt and fluid loss.

Heat exhaustion: symptoms include heavy sweating, weakness, headaches, dizziness, nausea

Heat stroke: most severe, with core temperature $\geq 104^{\circ}\text{F}$, confusion, unconsciousness, dry or damp hot skin. Call 911 immediately if suspected.

Who is at risk?

- Outdoor workers (construction, agriculture, delivery).
- Indoor workers in high heat industries (foundries, steel mills, commercial kitchens).

- Children and older adults (≥ 65), due to diminished thermoregulation.
- People with chronic conditions or taking certain meds (diuretics, antihypertensives, antidepressants).



Why it matters

- Heat is the leading cause of weather-related death in the U.S.
- ER visits for heat-related conditions have surged, particularly among vulnerable groups.



Safety Tips For Mental Heath

Follow these tips to help avoid incident or injury:

 <p>General Tips</p>	<ul style="list-style-type: none"> • Provide shade, fans, misting stations, or air-conditioned rest areas • Schedule work in cooler hours (early morning or late afternoon) • Acclimatize workers over 7–14 days—start low, increase workload gradually • Implement rest breaks and buddy checks, with a focus on fluid intake
 <p>Hydrate</p>	<ul style="list-style-type: none"> • Sip water regularly—at least 1 cup (8 oz) every 15–20 min, or 1 pint/hour on light activity • Use electrolyte drinks during heavy sweating • Avoid caffeine, alcohol, and sugary drinks



First Aid

- Provide access to confidential Employee Assistance Programs (EAPs)
- Allow flexible work arrangements and realistic deadlines
- Encourage regular breaks, PTO usage, and healthy work-life balance.



Rockwood resources:

- [Heat Exhaustion & Stroke](#) – Toolbox talk
- [Heat Stress Prevention Practices](#) – Toolbox talk
- [Beat the Heat](#) – Rest, Water, Shade Poster
- [August 2024 Heat Related Illness](#) – August 2024 Newsletter
- You can find additional Rockwood Toolbox Talks [here](#).

OSHA, MSHA and other resources:

- Checkout the [OSHA-NIOSH Heat Safety Tool App](#) – available on Android or Apple.
- [Heat-related Illnesses and First Aid](#) | Occupational Safety & Health Administration (OSHA)
- [Heat Stress](#) | Mine Safety & Health Administration (MSHA) – Heat Stress in Mining, Heat Poster and Infographic.
- [Heat Stress](#) | NIOSH/CDC – See additional tabs on the left (after clicking this link) for information on Heat Related Illness, Recommendations, Acclimatization, PPE Burden, etc.
- [Heat Stress Brochure](#) in English and Spanish | Calor Mortal
- [Heat Training Book](#) | Department of Environmental Occupational Health Sciences – Washington. A train-the-trainer guide for identification, prevention and treatment of heat illness in outdoor workers.
- [Heat Injury and Illness Prevention in Outdoor and Indoor Work Settings Rulemaking](#) | OSHA – For those who are unaware, the Heat Injury and Illness Prevention in Outdoor and Indoor Work Settings rule was recently proposed to Federal OSHA. This link lists information about the proposed rule as well as where the process currently stands (Public Hearing stage).



Learn more about mental health on Streamery

Every Rockwood policy includes access to Streamery—a comprehensive safety library with videos, quizzes, and resources to support workplace safety. Don't have access? Contact us for a username. Use the SKU number below to find the recommended video.

Watch [Streamery](#) videos on mental health:

- **Heat Stress:** 18 min / SKU: 8006 / English
- **Heat Stress Working Safely in the Heat:** 12 min / SKU: 3608 / English
- **Heat Stress:** 13 min / SKU: 2679 + 2679-S / English & Spanish
- **Many more on Streamery**



Bonus materials:

1: New MSHA Hub

MSHA Launched a new MSHA Information Hub to help people quickly find answers to their most frequently asked questions.

[Welcome to the MSHA Information Hub! | Mine Safety and Health Administration \(MSHA\)](#)

2: Registration Is Open for Mining PA

Join Penn State Mining Engineering faculty and students and colleagues from the mining industry in Pennsylvania as we address challenges and opportunities in health and safety, environmental protection, critical minerals, and new technologies. Let's celebrate mining in Pennsylvania!



[Mining PA – August 11–13, 2025](#)

3: Lithium-Ion Batteries

Learn more about Lithium-Ion Batteries in this article from American Society of Safety Professionals (ASSP) about How to Overcome Current and Future Safety Challenges.

4: Seatbelt covers

Don't forget that Rockwood Casualty is providing **FREE** high visibility seatbelt covers to our insureds to assist in enforcement of seatbelt use by employees. Please contact safetyolutions@rockwoodcasualty.com to make a request for your company and specify orange or yellow.



Questions? Feel free to reach out

As always, your Rockwood partners are available to answer your questions and help you promote safety in the workplace. [Contact Rockwood Loss Control](#) for any support you need.

Thank you for your continued partnership,

Rockwood Loss Control Team

Safetyolutions@rockwoodcasualty.com



#RockwoodSafetySolutions #LossControl #SafetyTips



ANSWER: What is the most severe type of heat-related illness?

- A. Heat cramps
- B. Heat exhaustion
- C. **Heat Stroke**

- **Heat cramps:** muscle pain, sweating → move to shade, hydrate
- **Heat exhaustion:** clammy skin, fatigue, dizziness → cool place, loosen clothing, sip water; seek medical help if it worsens
- **Heat stroke:** high temp (104 °F+), confusion, no sweating → 911 and immediate active cooling, no fluids