

Virginia DOLI Consultation Services

To help small employers better understand and voluntarily comply with VOSH standards we offer FREE consultation services.

What we offer:

- On-site visits
- Training
- Abatement Advice
- Program Assistance

Schedule our services:

- www.doli.virginia.gov
- Main Street Centre
600 East Main Street, Suite 207
Richmond, Virginia 23219
- Phone: 804.371.2327
Fax: 804.371.6524
- jennifer.rose@doli.virginia.gov

Virginia Department of Labor and
Industry
600 East Main Street STE 207
Richmond, VA 23228



www.doli.virginia.gov
jennifer.rose@doli.virginia.gov

Phone: (804) 371-2327
Fax (804) 786-8418

Virginia Department of Labor and Industry

Consultation Services



Heat Stress

Working in Hot Environments

Fifty to seventy percent of work related injuries happen within the first few days of working in warm or hot environments. Our bodies need time to acclimate to the heat. If workers start a job without properly acclimating to the heat, they are at major risk for fatal outcomes.

Heat Illness Program Elements:

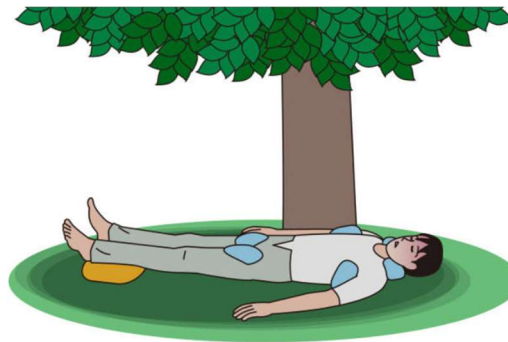
Designate someone to oversee the Heat Illness Prevention Program
Identify Heat Hazards
Water, Rest, Shade
Acclimatization
Modify Work Schedules
Training of Employees
Monitoring employees for signs of Heat Illness
Emergency Response Planning

We are here to help!

First Aid

If any symptoms of heat illness are present the following actions should be taken:

- Get worker to cool shaded area
- Immerse the worker in cold water/ice bath
- Remove heavy layers of clothing and PPE
- Place ice or cold wet towels on the head, neck, trunk, armpits, or groin
- Use fans to circulate the air around the worker
- Give Water
- Let Rest
- If employee does not improve call 911



Signs of Heat Illness

- Confusion
- Dizziness
- Fainting
- Fatigue
- Headache
- High body temperature
- Muscle or abdominal cramps
- Nausea, vomiting, or diarrhea
- Pale skin
- Profuse sweating
- Rapid heartbeat

