



May is

Outdoor Heat Exposure Month

In the state of Washington, the outdoor heat exposure requirements go into effect annually from **May 1st to September 30th**. This applies to all employers with employees performing work in an outdoor environment. Employers need to adhere WAC 296-62-095 through 296-62-09560.

The current temperature action limits are:

- **52 degrees** If I am working outdoors and wearing “nonbreathing clothes including vapor barrier clothing or PPE such as chemical resistant suits.”
- **77 degrees** If I am working outdoors and wearing “double-layer woven clothes, including coveralls, jackets and sweatshirts.”
- **89 degrees** All other clothing

Employers need to train their employees and supervisors in:

1. Environmental factors that contribute to the risk of heat-related illness
2. General awareness of personal factors that may increase susceptibility to heat-related illness including (such as the individual’s age, degree of acclimatization, medical conditions, drinking water consumption, alcohol use, caffeine use, nicotine use and use of medications that affect the body’s response to heat)
3. Removing heat-retaining personal protective equipment such as nonbreathable chemical resistant clothing during all breaks
4. Importance of frequent consumption of small quantities of drinking water or other acceptable beverages.
5. Importance of acclimatization
6. The different types of heat-related illness, the common signs and symptoms of heat-related illness
7. The importance of immediately reporting signs or symptoms of heat-related illness in either themselves or in co-workers & follow appropriate emergency response.



**Washington
Hospital Services**

999-3rd Avenue, Suite 1400 Seattle, WA 98104
Connie Pray, Compliance Manager
206-216-2540

Keep hydrated
and drink water

Limit heat
retaining PPE or
clothing

Familiarize with
types of heat-
related illness

Report signs of
heat related
illness

Be safe!



