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TRAINING ONLINE**

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**Since 2008**

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Mining in hot work areas during summer can cause serious health issues for miners. Everyone needs to recognize the hazards of heat stress and mine operators should provide heat-stress recognition training, monitoring, and personal protective equipment.



NWS Heat Index		Temperature (°F)															
		80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110
Relative Humidity (%)	40	80	81	83	85	88	91	94	97	101	105	109	114	119	124	130	136
	45	80	82	84	87	89	93	96	100	104	109	114	119	124	130	137	
	50	81	83	85	88	91	95	99	103	108	113	118	124	131	137		
	55	81	84	86	89	93	97	101	106	112	117	124	130	137			
	60	82	84	88	91	95	100	105	110	116	123	129	137				
	65	82	85	89	93	98	103	108	114	121	128	136					
	70	83	86	90	95	100	105	112	119	126	134						
	75	84	88	92	97	103	109	116	124	132							
	80	84	89	94	100	106	113	121	129								
	85	85	90	96	102	110	117	126	135								
90	86	91	98	105	113	122	131										
95	86	93	100	108	117	127											
100	87	95	103	112	121	132											

Likelihood of Heat Disorders with Prolonged Exposure or Strenuous Activity

Caution    
  Extreme Caution    
  Danger    
  Extreme Danger

## Symptoms of Heat Stress:

- Skin is hot, usually dry, red or spotted.
- Body temperature is over 105° F.
- Victim may be confused. The face may be pale or flushed.
- Muscle cramps from loss of sodium.



## Treat Symptoms:

### DO:

- + Remove the miner from the hot area.
- + Apply cool wet cloths.
- + Give water if miner is awake.
- + Seek medical attention if there is no improvement.

## Heat Stress Prevention:

- Provide cool drinking water near miners.
- Encourage miners to drink a cup of water every 15 to 20 minutes.
- Avoid drinks with caffeine and large amounts of sugar.
- Use sunblockers, proper protective clothing and shade.
- Use administrative controls to rotate miners on hot jobs.
- Schedule heavy tasks during cooler times of the day.

### DO NOT:

- Apply ice directly to the skin.
- Allow the miner to become so cold that shivering develops.
- Leave the miner alone.