

# Delivery drivers: heat illness prevention

As temperatures rise, our bodies don't have gauges to make sure we don't overheat. For delivery drivers, the risk of heat illness is significant. Workers must know how to prevent heat illness, recognize signs and symptoms of heat illness, and know what to do if they start to experience heat illness.

## Prevention is key!

- Whether you are thirsty or not, drink 16 ounces of water every 15 minutes when working in extreme heat. If you feel thirsty, your body is already dehydrated.
- Wear light-colored, loose-fitting, and breathable clothing as much as possible.
- Take frequent breaks in the shade or air conditioning to cool off.

## Takeaways

- Prevent heat illness by drinking water, taking regular breaks in the shade or in air conditioning, and by wearing light-colored and breathable clothes.
- **Heat exhaustion** symptoms include dizziness, headache, sweaty skin, fast heartbeat, nausea, weakness, and cramps.
- **Heat stroke** symptoms include red hot dry skin, high temperature, confusion, fainting and convulsions.

Heat exhaustion What it looks like	Heat exhaustion What it looks like
Elevated body temperature	High temperature (103° F or more)
Dizziness	Confusion
Headache	Slurred speech
Heavy sweating	Skin is hot, red, and dry
Decreased urination	Seizures
Nausea	Fainting
Thirst	
Irritability	
Fatigue	

**Take action**

- Move worker to a cool place
- Remove and loosen clothes
- Cool with wet cloths or take a cool bath if available
- Offer small sips of water

**Take action**

**Call 911:** this is a medical emergency

**When to call for help**

- Symptoms worsen
- Symptoms persist

**After you call**

- Move worker to a cool place and don't leave alone until help gets there
- Lower temperature by removing clothes
- Give a cool bath, if available

## Take action (Complete one or more activities as a team)

- GROUP DISCUSSION: Review company policies on heat illness prevention.
- DEMONSTRATION: Share what clothing items or accessories you use to stay cool and help prevent heat illness.
- MAKE A LIST: Write down three things you can do to prevent heat illness.

