



Heat is a serious work hazard for those who labor in the outdoors. (Photo by Josh Olalde/Unsplash)

# Protect workers from heat: Know the dangers, act early

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Heat is a serious workplace hazard that can cause illness—or even death—if proper precautions aren’t taken. While outdoor workers face the greatest risk during high temperatures, indoor workers can also be affected, especially those working near heat sources or in poorly ventilated or non-air-conditioned spaces. The United States Environmental Protection Agency reported that 986 workers across all industries died from exposure to heat in the US from 1992 to 2022. Thirty-four percent of those fatalities were in the construction industry. The Kentucky Occupational Safety and Health Surveillance Program (KOSHS)

found that 467 Kentucky workers visited the emergency department due to heat-related illnesses from 2019 to 2023. According to OSHA, three out of four heat-related deaths occur during a worker’s first week on the job. Employers should create and follow a plan to allow new and returning workers to acclimate to working in the heat. This should include shorter work periods with more frequent breaks, monitoring new workers for symptoms, and not allowing new workers to work alone. These increased precautions should last at least one to two weeks. Employers should also take the following steps to protect workers who are working in hot environments:

- Modify work schedules with mandatory increased breaks in cooler areas, scheduling work at

a cooler time of day, and rotating job functions to help minimize exertion or heat exposure.

- Provide cool water for workers to drink and remind workers to drink regularly, not just when thirsty. For longer jobs that exceed two hours, employers should provide electrolyte-containing beverages.
- When possible, use methods to make the environment cooler with air conditioning, misting fans, increased ventilation, reflective shields, etc. Reduce manual workload with mechanization where possible.
- Ensure workers are wearing light colored, loose fitting clothing that doesn’t trap heat or moisture. Some types of personal protective equipment can increase the risk of heat-related illness.

Employers should also train

all supervisors and workers how to identify and control heat hazards, recognize signs and symptoms, administer first aid, and to be ready to engage emergency medical services quickly. Common signs of heat exhaustion can include:

- Headache, nausea, dizziness
- Weakness, irritability
- Thirst, decreased urine
- Heavy sweating
- Elevated body temperature

If an employee experiences these symptoms, action should be taken to cool them down. This can include moving them to cooler area, removing unnecessary clothing, providing cool water, and cooling them with water, ice, or a fan. They should not be left alone and should be monitored. Heat exhaustion can progress to heat stroke if not treated

promptly. Heat stroke is a life-threatening emergency and if any of the following symptoms are observed, 911 should be called immediately:

- Slurred speech, confusion
- Loss of consciousness
- Hot, dry skin or profuse sweating
- Very high body temperature
- Seizures

The OSHA-NIOSH Heat Safety Tool is a free app that employers can download to monitor heat hazards in real-time. The app uses heat index data and hourly forecasts from the National Weather Service to assign risk levels specific to your geographic location. Precautionary recommendations are provided based on the heat index risk level. The app also allows quick access to symptoms of heat illness and tips for first aid.

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**INVITATION FOR BIDS**

Sealed Bids for the furnishing of all labor, materials, equipment and services for the **Lincoln County High School Renovations / Sports Fields – Bid Package 2** will be received only by Lynn Imaging Online Planroom on behalf of **Lincoln County Schools** until **2:00 pm Thursday, August 21, 2025** at which time they will be publicly opened and read aloud. **Pre-bid Meeting to be held August 11, at 2:00 pm.** Contract documents may be examined at: Clotfelter/Samokar, PSC, 228 East Reynolds Road, Suite 1, Lexington, KY; Lincoln County Schools, 305 Danville Avenue, Stanford, KY; Epperson Engineering, 112 W University Drive, Somerset, KY. Copies of the documents may be purchased from Lynn Imaging, 328 East Vine Street, Lexington, KY, 40507, (859) 255-1021. Bids to be submitted only to Lynn Imaging Online Planroom. Any questions pertaining to the online submission process are to be directed to Lynn Imaging. A public bid opening will be held at Lincoln County Board of Education. Anyone who wishes to attend virtually may join a Microsoft Teams meeting ID and passcode below. Sealed Bid: **Lincoln County High School Renovation / Sports Fields – Bid Package 2 Stanford, Kentucky** Time of Opening **2:00 pm Thursday, August 21, 2025** Location of Opening: **Lincoln County Board of Education 305 Danville Avenue Stanford, KY 40484** Microsoft Teams Meeting ID and Passcode Meeting ID: 287 683 167 488 2 Passcode: zx6uE3up Bids shall be accompanied by a bid bond in the amount of Five percent (5%) of the bid amount. In case the bid is not accepted, the bid bond will be returned to

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the bidder. Should the bidder refuse or neglect to enter into a contract with the Owner within ten (10) days after notification of acceptance of their bid, the said check or bid bond shall be forfeited to the Owner as liquidated damages for failure to do so. It is the Owners' intent to purchase significant quantities of material items through direct purchase orders. Interested material suppliers should contact Lynn Imaging for a list of plan-holders. No bidder may withdraw their bid for a period of Sixty (60) days after the deadline set for the receipt of bids. The successful bidder will be required to furnish a performance and payment bond in the amount of one hundred percent (100%) of the contract sum plus the total of all purchase orders. The Owner reserves the right to reject any and all bids, to waive informalities and enter into a contract with the best apparent qualified bidder.

Interior Journal:  
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