



# HEAT MITIGATION

## HEAT EXHAUSTION SYMPTOMS

Faint or dizzy

Excessive sweating

Cool, pale, clammy skin

Nausea or vomiting

Rapid, weak pulse

Muscle cramps

## HEAT STROKE SYMPTOMS

Throbbing headache

No sweating

Body temperature above 103°  
Red, hot, dry skin

Nausea or vomiting

Rapid, strong pulse

May lose consciousness

## HEAT EXPOSURE

Exposure to extreme heat can result in illness and injury. Working in a hot environment can cause heat stroke, heat exhaustion, heat cramps, or heat rash. In addition, heat increases the risk of injury for workers because of sweaty palms, fogged-up safety glasses, and dizziness. Burns also can occur when a worker comes in contact with a hot surface or steam.

### WORKING ENVIRONMENT FACTORS:



Metabolic  
Heat



Environmental  
Factors

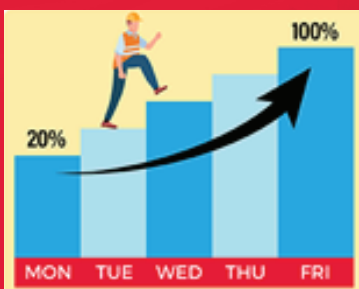


Clothing  
/ PPE

Which results in increased heat storage within the body.

## PROTECT FROM THE HEAT

When working in the direct sunlight – wear light-colored, loosefitting, lightweight clothing. Use PPE that helps keep your body cooler and try to schedule physically hard work in the shade / or cooler times of day when possible. Take frequent breaks. Modification of work schedules may need to take place to accommodate this plan.



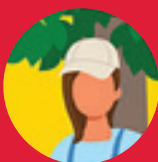
**EASE INTO WORK.** Nearly 3 out of 4 fatalities from heat illness happen during the first week of work. Build a tolerance to heat by increasing intensity by 20% each day.



Drink cool water even if you are not thirsty



Rest for long enough to recover from the heat



Take breaks in a shady cool area



Wear a hat and dress for the heat



Watch out for each other



Verbally check on workers wearing face coverings

### SOURCES

[www.cdc.gov/niosh/newsroom/feature/working-in-heat.html](http://www.cdc.gov/niosh/newsroom/feature/working-in-heat.html)  
[www.nahb.org/advocacy/public-toolkits/heat-stress-toolkit](http://www.nahb.org/advocacy/public-toolkits/heat-stress-toolkit)  
[www.cpw.com/research/research-to-practice-r2p/r2p-library/other-resources-for-stakeholders/working-in-hot-weather](http://www.cpw.com/research/research-to-practice-r2p/r2p-library/other-resources-for-stakeholders/working-in-hot-weather)



# HEAT MITIGATION SOLUTIONS

## FANS

### AIR VOLUME

**400 CFM**  
UP TO 400 CUBIC FEET PER MINUTE

**M12**



**\$89**

M12™ Mounting Fan (0820-20)



**M18**

### SPECIFICATIONS

Max Air Speed  
Max Air Volume  
Speed Settings

16 MPH  
600 CFM  
3

**WAS \$99**

**NOW \$89.97**

**\$9 SAVINGS**

M18™ Jobsite Fan (0886-20)

## WORKSKIN™

**\$29.97**

WORKSKIN™  
Lightweight  
Performance  
Shirt  
- Short Sleeve  
Sizes: S-XXL

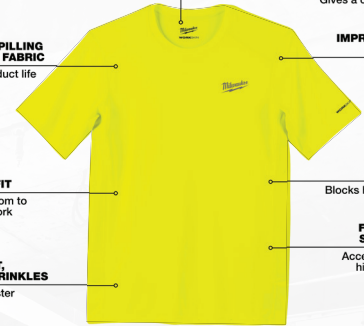
Hi Vis (414HV)  
Black (414B)  
Gray (414G)  
Red (414R)

**DURABLE, PILLING RESISTANT FABRIC**  
Extends product life

**REGULAR FIT**  
Allows for room to move and work

**DRIES FAST, RESISTS WRINKLES**  
100% Polyester

**AVAILABLE COLORS**  
■ ■ ■ ■



**TAGLESS NECK LABEL**  
Gives a comfortable feel

**IMPROVED RANGE OF MOTION**  
Dropped shoulder seam

**UV SUN PROTECTION**  
Blocks harmful UV rays

**EXTENDED FAST WICKING SWEAT ZONES**  
Accelerate drying in high-sweat areas

**BUY THIS**

**\$89**

M12™ Mounting Fan (0820-20)



**RECEIVE YOUR CHOICE FREE**

GRIDIRON™ Trucker Hat - Black (505B)

**\$25 Value**

GRIDIRON™ Trucker Hat - Gray (505G)

**\$25 Value**



## PPE

**\$24.97**

Full Brim Hard Hat w/4pt Ratcheting Suspension  
- Vented Class C  
(48-73-1201)



**\$109.97**

Front Brim Safety Helmet - Type 2 (48-73-1320)



AVAILABLE IN 8 COLORS



**\$17.97**

Class 2 High Visibility Yellow Mesh Safety Vest (48-73-5111)



**\$24.97**

BOLT™ Sunshade (48-73-1070)



**\$34.97**

BOLT™ Sun Visor (48-73-1073)



**BOLT™**  
SECURE ACCESSORIES SIMULTANEOUSLY

**360° UV PROTECTION**

UPF 50+

360° UV PROTECTION

600D VISOR

TINTED BRIM

Reduces glare

RELEASE CLIP

DEDICATED EAR-MUFF SLOTS

BLOCKS HARMFUL UV RAYS\*



## PACKOUT™ COOLERS

**MOST VERSATILE DURABLE**  
MODULAR STORAGE SYSTEM

**IMPACT RESISTANT BODY**

FOOD-GRADE CUTTING BOARD / DIVIDER

BOTTLE OPENER

MODULAR CONNECTIVITY WITH ALL PACKOUT™ COMPONENTS

**\$249**

PACKOUT™ XL Cooler (48-22-8462)



**MOST VERSATILE DURABLE**  
MODULAR STORAGE SYSTEM

**IP65 RATED PROTECTION**

BOTTLE OPENER

**IMPACT RESISTANT BODY**

**\$109**

PACKOUT™ 16 QT Compact Cooler (48-22-8460)



**MOST VERSATILE DURABLE**  
MODULAR STORAGE SYSTEM

**HOLDS ICE FOR 24 HRS**

Tape Measure Clip with Bottle Opener

Tear-Resistant Ballistic Material

**IMPACT RESISTANT BASE**

**\$74.97**

PACKOUT™ Jobsite Cooler (48-22-8302)



Food-Grade Leak Proof Liner

**ALL-METAL HARDWARE**

No Sweat Exterior

Modular Connectivity with All PACKOUT™ Components