

Stay Safe. Stay Hydrated. Know the Signs.

**Drink Water
Rest Often
Find Shade**



Heat Stress Is More Than Just a Bad Day
Chronic dehydration on the job can lead to:

- Heart disease
- Diabetes & obesity
- Kidney damage
- Premature aging and death



Construction Workers Make Up Only 6% of the Workforce...
But account for 36% of ALL heat-related deaths on the job.



#1 in Heat-Related Workers' Comp Claims

Construction workers file 21% of all heat-related claims the highest of any industry.



It Doesn't Have to Be a Scorching Day

72% of fatal heat incidents happened when there was no extreme heat warning from the National Weather Service.



Research Cited From:



Dong XS, West GH, Holloway-Beth A, Wang X, Sokas RK. Heat-related deaths among construction workers in the United States. Am J Ind Med. 2019;62(12):1047-1057.



Dmitrieva, Boehm, Yancey, & Enhörning. Long-term health outcomes associated with hydration status. Nat Rev Nephrol. Feb. 26, 2024;20:275-294.



Electric Power Research Institute. Understanding Heat Stress for Workers in the Electric Power Industry. Technical Update Report No. 3002011190. Aug. 18, 2017.



Thumula & Fomenko. Heat-Related Illnesses in the Workplace—A WCRI FlashReport. Workers Compensation Research Institute. Dec. 18, 2024



Roelofs C. Without Warning: Worker Deaths From Heat 2014–2016. New Solut. 2018;28(2):344–357.



Want to learn more, please visit www.cpwr.com/heat