



Heat Illness Prevention

Spring is here, and with it, a much-needed reprieve from the winter chill. While warmer temperatures mean more outdoor activity, whether it be work or play, they also carry increased exposure to heat-triggered illnesses.

Outdoor industries such as construction, landscaping, and agriculture are widely known to present the risk of heat illness. However, many indoor environments such as commercial kitchens, boiler rooms, laundry rooms, and attics present artificially hot and humid conditions that carry the same risk.

The Risk Consulting Team at Alliant continues to provide guidance to help you protect workers from heat illness, which can cause injury or even death. This Risk Alert will help you prepare for and reduce the risk of:

- Heat stroke (severe heat illness)
- Heat exhaustion (moderate heat illness)
- Maintaining COVID-19 safe work practices in hot environments

If you have any questions, please contact us at riskcontrol@alliant.com.

[Read How to Prevent Heat-Related Illnesses](#)



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