

**BEFORE THE TALK**

**PREPARATION TIPS**

**AFTER THE TALK**

**CHECKLIST**

- 1 Pass around the Attendance Sheet.
- 2 Ask workers how they would respond to a worker who exhibited signs of heat exhaustion or heat stroke – and help them walk through the steps. Here’s a guide:
  - Let’s say you are working with (fill in name) and you notice he is very sweaty and confused, and he looks disoriented and can’t seem to concentrate on his work. Show me what you would do.
    - Call the supervisor and ask for medical help.
    - Move the person to a cooler place to rest in the shade. Stay with the person.
    - Give the person water if he/she is not losing consciousness or vomiting.
    - Loosen the person’s clothing.
    - Help cool the person. Fan the person, put ice packs on the person’s groin and underarms, or soak the person’s clothing with cool water.
- 3 Stress the importance of knowing the symptoms of heat exhaustion and heat stroke and that they should be prepared to describe the symptoms and their location to emergency personnel so help can get there ASAP.

- Provided extra training to workers who did poorly on quiz  
Date: \_\_\_\_\_
- Observed workers  
Date: \_\_\_\_\_
- Refresher training  
Date: \_\_\_\_\_
- Other (describe)  
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**NOTES**

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\_\_\_\_\_

Date: \_\_\_\_\_

Location: \_\_\_\_\_

Meeting conducted by: \_\_\_\_\_

**MEETING WAS ATTENDED BY:** Each participant is to sign below, for record kept on file.

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Answers to T201806-04 Quiz: 1. False, 2. drink plenty of water, take breaks, wear loose-fitting clothes, eat smaller meals, work in the shade, check with doctor on medications 3. C, 4. False

# Stay Safe Working in the Heat

## What's at Stake?

Every year, dozens of workers die and thousands more become ill while working in extreme heat or humid conditions. More than 40 percent of heat-related worker deaths occur in the construction industry, but workers in every field are susceptible. There are a range of heat illnesses and they can affect anyone, regardless of age or physical condition.

## What's the Danger?

### The Heat

The combination of heat and humidity can be a serious health threat during the summer months. If you work outside (for example, at a beach resort, on a farm, at a construction site) or in a kitchen, laundry, or bakery you may be at increased risk for heat-related illness.

### Heat-related Illnesses

There are three kinds of major heat-related disorders—heat cramps, heat exhaustion and heat stroke. You need to know how to recognize each one and what first aid treatment is necessary.

**Heat Cramps** are muscle pains usually caused by the loss of body salts and fluid during sweating.

**Heat Exhaustion** is the next most serious heat-related health problem. The signs and symptoms of heat exhaustion are:

- Headache
- Nausea
- Dizziness
- Weakness
- Irritability
- Confusion
- Thirst
- Heavy sweating; and
- A body temperature greater than 100.4°F.

**Heat stroke** occurs when the body's temperature regulating system fails and body temperature rises to critical levels (greater than 104°F). This is a medical emergency that may result in death! The signs of heat stroke are:

- Confusion
- Red, hot, dry skin - lack of sweating
- Loss of consciousness
- Seizures

## How to Protect Yourself

When working in the heat take these general precautions:

- Drink small amounts of water frequently and take frequent short breaks in the shade.
- Wear light-colored, loose-fitting, breathable clothing—cotton is good.
- Eat smaller meals before work activity and avoid caffeine and alcohol or large amounts of sugar.
- Work in the shade if possible and realize that equipment such as respirators or protective coveralls can increase heat stress.
- Find out from your health care provider if your medications and heat don't mix.

### Heat Cramps

If you experience heat cramps start replacing fluid loss by drinking water and/or carbohydrate-electrolyte replacement liquids (e.g., sports drinks) every 15 to 20 minutes.

### Heat Exhaustion

Treatment and response for heat exhaustion:

- Get the person out of the heat or hot area and have them begin drinking liquids.
- Use a cold compress on their head, neck, and face to cool them, or have the worker wash his or her head, face and neck with cold water.
- Encourage frequent sips of cool water.
- Make sure that someone stays with them until help arrives. If symptoms worsen, call 911 and get help immediately.
- Otherwise, get the person to a clinic or emergency room for medical evaluation and treatment.

### Heat Stroke

Workers experiencing heat stroke have a very high body temperature and may stop sweating. They may also not be aware of what is happening to them or be able to take care of themselves. This is a life-threatening emergency and you must get medical help immediately.

- Call 911.
- Until medical help arrives, move the worker to a shady, cool area and remove as much clothing as possible.
- Wet the worker with cool water and use a fan or fan the victim to move the air to speed cooling.
- Place cold wet cloths, wet towels or ice all over the body or soak the worker's clothing with cold water.

## Final Word

Working in the heat can be dangerous and deadly if you don't take time to get used to it, drink plenty of water, and take frequent, shady rest breaks.

## TEST YOUR KNOWLEDGE

1. Medical follow-up isn't required for heat exhaustion.  
 True  False
2. Name three things you can do to help prevent a heat-related illness.  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
3. Red skin and a lack of sweating is a symptom of which heat-related illness?
  - a. Heat cramps
  - b. Heat exhaustion
  - c. Heat stroke
4. Heat-related illnesses only happen if you're working outside.  
 True  False

## What Would You Do?

It's your first week on the job and you want to make a good impression. The temperature has spiked 10 degrees since yesterday and it's gone from pleasant to downright hot outside. What would you do?

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### Meeting materials to go:

Safety meeting materials such as presentation tips, PowerPoint presentations, quiz answers and more are downloadable at [www.SafeSupervisor.com](http://www.SafeSupervisor.com)