

## Heat-related illness/injury prevention

**PRESENTER:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

**SITE:** \_\_\_\_\_

Welcome to today's toolbox talk! To promote a safe, injury-free work environment, we'll take a moment to ensure our team understands potential hazards (and how to prevent them) before the start of the shift.

### AGENDA

- Overview of relevant safety policies/procedures.
- Discuss team questions/concerns.
- Review recent incidents/near misses.

### TOPIC

#### Heat exhaustion and heatstroke

When a person works in above average heat or high temperatures, the body is subject to overheating that can cause heat exhaustion (stress) or heatstroke and lead to an accident if proper precautions (such those as listed below) aren't taken.

Heat exhaustion can occur when the body loses too much salt and water. Heat exhaustion has the potential to turn into heatstroke, which occurs when the body can't regulate its temperature — this is a life-threatening condition, call 911 anytime you need to but especially if you feel heatstroke is possible.

#### Prevention

- Allow adequate time for the body to get acclimated to the heat. Everyone is different, some people may take up to two weeks.
- Adjust and plan workload according to changing daily temperatures. Perform heavy work in the early part of the day when temperatures are lower.
- Avoid prolonged duration in the heat without cooling off.
- Wear clothing that is lightweight, ventilated and loose.
- Take plenty of breaks in a cool or shaded area.
- Stay hydrated by drinking plenty of water before you are thirsty.

#### Possible symptoms

##### HEAT EXHAUSTION

- Dizziness.
- Weakness.
- Headache.
- Blurred vision.
- Nausea.
- Staggering.
- Pale.
- Profuse sweating.
- Weak pulse.
- Shallow breathing.
- Unconsciousness.

##### HEATSTROKE

- Severe headache.
- Red face with hot, dry skin.
- No sweating.
- Strong, rapid pulse.
- High fever.
- Possible unconsciousness.
- Convulsions.
- Comma.



## Heat-related illness/injury prevention

### How you might help

- Alert supervisor and call 911 if needed.
- Take the person to a shaded, cool area.
- Loosen or remove outer clothing if possible and cool the person's entire body by spraying or sponging with a cool, wet cloth.
- Fan air over the person to help create air flow until help arrives.
- Apply ice packs to the neck, groin and armpits if possible. This helps cool the blood, which cools the body.

Disclaimer: Contact the American Red Cross for training in basic first aid. Your local emergency medical services (EMS) may provide for more information on heat exhaustion and heatstroke.

**Remember: Always report any unsafe conditions or practices. How can we stay safe today? Does this site have designated vehicle roadways? What will we do today to make sure when driving around the jobsite, we stay safe?**

### ATTENDEES (PLEASE CLEARLY SIGN YOUR FIRST AND LAST NAME)

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**SUPERVISOR/SUPERINTENDENT SIGN OFF:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

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