

# HEAT STRESS

Heat stress from exertion or hot environment, places workers at risk for illnesses such as heat exhaustion, heat stroke, or heat cramps.

## Heat Exhaustion

The body's response to excessive loss of water and salt, usually through sweating.

## Heat Stroke

A condition that occurs when the body becomes unable to control its temperature during excessive heat.

### Symptoms

- Rapid heart beat
- Heavy sweating
- Extreme weakness or fatigue
- Pupils dilated
- Dizziness, Irritability
- Fast, shallow breathing
- Slightly elevated body temperature



- Hot & dry skin
- Confusion
- Pupils constricted
- Loss of coordination
- Throbbing headache
- Seizures, coma
- Very high body temperature

### First Aid

- ✓ Rest in a cool area
- ✓ Drink plenty of water
- ✓ Take a cool shower, bath, or sponge bath
- ✓ Seek medical attention
- ✓ Request immediate medical assistance
- ✓ Move the worker to a cool, shaded area or indoor
- ✓ Remove excess clothing and apply cool water to their body

## Protect Yourself



- Avoid heavy exertion, extreme heat, sun exposure, and high humidity when possible. When these can't be avoided, take the following preventative steps:
- Monitor your physical condition and that of your coworkers for symptoms of heat illnesses.
- Wear light-colored, loose-fitting, breathable cotton clothing.



- Avoid non-breathable synthetic clothing.
- Gradually build up to heavy work.
- Schedule heavy work during the coolest time of the day.
- Take more breaks when doing heavier work, and in high heat and humidity
- Take breaks in a shaded or cool area.
- Drink water frequently. Avoid energy drinks and sugary beverages.



**SAFETY**

**HEALTH**

**ENVIRONMENT**

# HEAT STRESS

## SafetyTalk

## TRAINING ROSTER

Date	Shift / Crew	Trainer
No	Employee Name	Employee Signature
1		
2		
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Follow-up / Recommendations / Corrective Actions		

**SafetyTalk**

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