



June - SAFETY TOOLBOX

Workplace Safety & Compliance

Training Topic- Heat Stress

Introductory Comments

“Every year, thousands of workers become sick from occupational heat exposure, and some are fatally injured. These illnesses and fatalities are preventable.” (www.OSHA.gov)

Instructions:

Use this Safety Toolbox Talk to spark discussion within the employee group. Test knowledge retention with the associated quiz.

Meeting Starter Questions

- How do we prevent Heat Stress?
- How can you reduce your risk of heat related illness?

Critical Safety Points

- **Environmental factors** – ambient air temperature, radiant heat, air movement, conduction, and relative humidity
- **Physical demands of the job**- affects the internal heat load
- **Personal protective equipment (PPE) and clothing** -PPE and type of clothing worn must be considered
- **Individual** - degree of acclimatization, metabolism, use of alcohol or drugs, and a variety of medical conditions such as hypertension, weight, degree of physical fitness all affects a person’s sensitivity to heat

Personal Risk Factors- Some workers handle heat stress less effectively than others. Heat tolerance happens for a variety of reasons. Personal Risk Factors can include:

- Obesity
- Diabetes
- High blood pressure
- Heart disease
- Lower level of physical activity
- Alcohol use

Jobs Considered High Risk

- High physical exertion
- Direct contact with hot objects
- Protective clothing
(asbestos, HAZMAT, respirators)

Employers should recognize that not all workers tolerate heat the same way. Workplace controls should focus on making jobs safe for all employees. An occupational medical monitoring program can identify workers who are at increased risk of heat illness, while maintaining the confidentiality of worker’s health information.

Employers Must provide Annual Heat Stress Training as well as a Safety Heat Stres Program

Employee Name:	Signature:
Division:	Date:
Instructor:	Score:



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Heat Stress

Question 1: Protective Clothing (PPE) can place you in a high-risk category on the job

TRUE FALSE

Question 2: One of the personal Risk factors includes alcohol use

TRUE FALSE

Question 3: Employees suffering from heat exhaustion should be removed from the hot environment and given fluid replacement.

TRUE FALSE

Question 4: All workers **do not** tolerate Heat the same

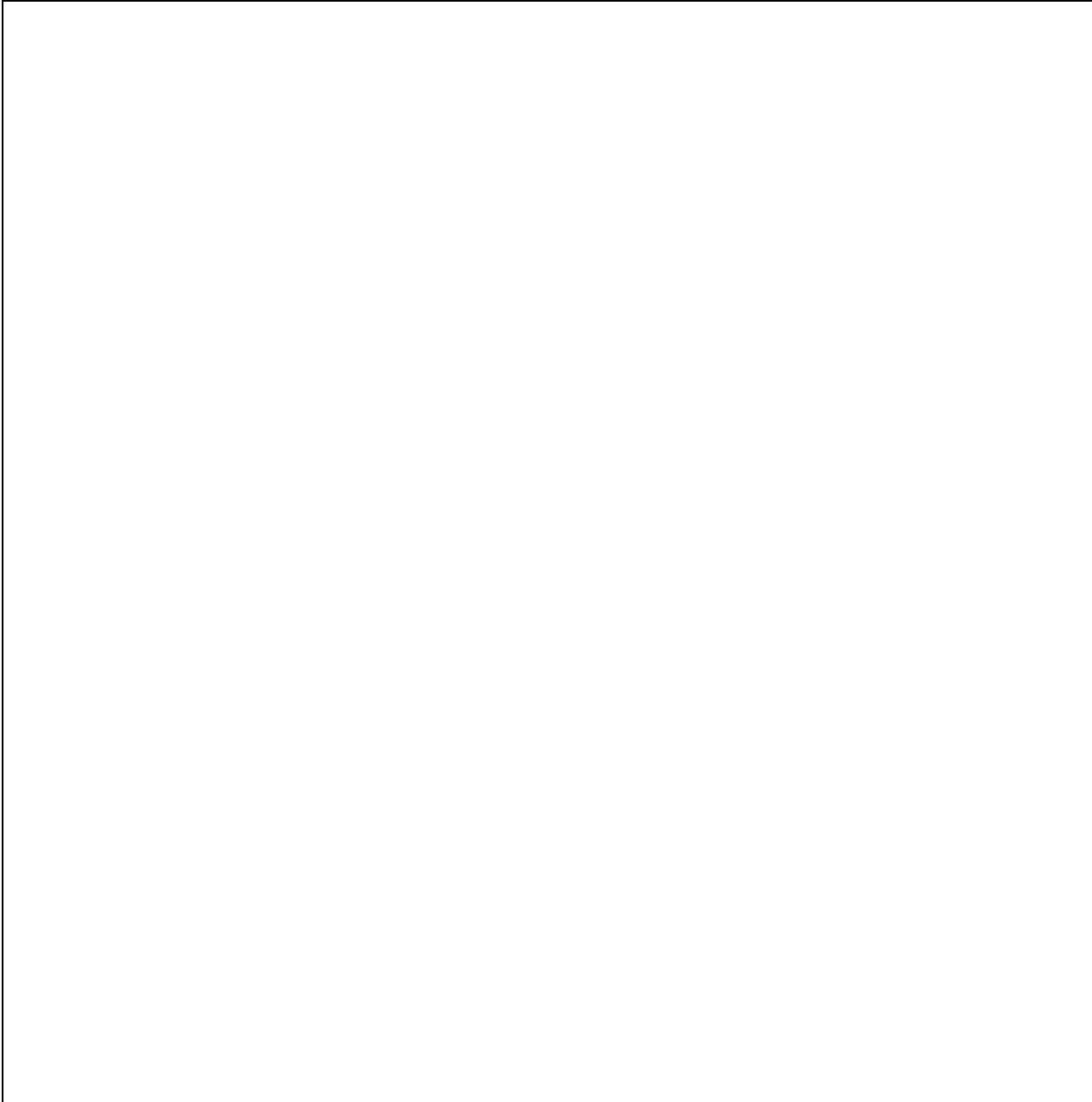
TRUE FALSE

Quiz Answer Key:

1. TRUE
2. TRUE
3. TRUE
4. TRUE



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