



SAFETY TOOLBOX

MONTHLY SAFETY AWARENESS

Heat Stress Awareness

► Introductory Comments

Heat Stress can cause incidents due to loss of focus or excessive fatigue (www.OSHA.gov). The direct consequences of Heat Stress can include: Heat Cramps, Heat Exhaustion, or Heat Stroke (www.OSHA.gov).

► Meeting Starter Questions

- Are you aware of how to prevent Heat Stress?
- What should you do if an employee falls ill due to Heat Stress?

► Critical Safety Points

Heat-Related Illnesses:

Heat Stroke- Heat Stroke is the most serious heat-related illness. Suffering from a Heat Stroke can result in death or cause damage to the brain and other internal organs.

Heat Exhaustion- There are two types of Heat Exhaustion

Heat Cramps- Heat Cramps are painful short lived muscle cramps.

Heat Stroke

Seek medical help immediately if someone is suffering from heat stroke. Signs and symptoms include flushed skin that is very hot to the touch; rapid breathing; headache, dizziness, confusion or irrational behavior; and convulsions or unresponsiveness. The victim also will likely have stopped sweating. Do not hesitate to take action:

- Call 911 immediately
- Move the victim to a cool place
- Remove outer clothing
- Immediately cool the victim with any means at hand, preferably by immersing up to the neck in cold water (with the help of a second rescuer)
- Do not try to force the victim to drink liquids
- Monitor the victim's breathing and be ready to give CPR if needed

Instructions:

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





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Heat Exhaustion

Symptoms are like those of the flu and can include severe thirst, fatigue, headache, nausea, vomiting and, sometimes, diarrhea. Other symptoms include profuse sweating, clammy or pale skin, dizziness, rapid pulse and normal or slightly elevated body temperature. Uncontrolled heat exhaustion can evolve into heatstroke, so make sure to treat the victim quickly.

- Move them to a shaded or air-conditioned area
- Give them water or other cool, nonalcoholic beverages
- Apply wet towels or have them take a cool shower

Heat Cramps

Heat cramps are muscle spasms that usually affect the legs or abdominal muscles, often after physical activity. Excessive sweating reduces salt levels in the body, which can result in heat cramps.

Workers or athletes with pain or spasms in the abdomen, arms or legs should not return to work for a few hours. Instead:

- Sit or lie down in the shade
- Drink cool water or a sports drink
- Stretch affected muscles
- Seek medical attention if you have heart problems or if the cramps don't get better in an hour

Water Depletion; Symptoms include:

- Excessive Thirst
- Weakness
- Headache
- Loss Of Consciousness

Salt Depletion; Symptoms Include:

- Nausea And Vomitting
- Muscle Cramps
- Dizziness



MONTHLY SAFETY AWARENESS ASSESSMENT



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

Heat Stress

Question 1: Get Immediate Help if you experience a Heat Stroke

- TRUE FALSE

Question 2: Heat cramps are muscle spasms that usually affect the legs or abdominal muscles, after physical activity.

- TRUE FALSE

Question 3: When the body loses an excessive amount of salt and water, heat exhaustion cannot set in.

- TRUE FALSE

Question 4: Salt Depletion Symptoms include Nausea And Vomitting , Muscle Cramps and Dizziness

- TRUE FALSE

Quiz Answer Key:

- 1. TRUE
- 2. TRUE
- 3. FALSE
- 4. TRUE

