

# TOOLBOX TALK

## WEATHER



### Heat Stress

When your body's cooling system can't keep up with the heat, you dehydrate and your temperature rises above 100°F. That's when you can get heat-related illnesses such as heat rash, heat cramps, heat exhaustion, and the most severe/fatal heat stroke.

#### **Heat Rash**

The most common heat illness of red blisters caused by sweat. The best treatment for heat rash is to move to a cooler environment or keep the rash dry and apply powder.

#### **Heat Cramps**

When you sweat, your body loses fluids and salt content. This loss can cause heat cramps if the fluids are not replenished. To reduce heat cramps, drink plenty of water or electrolyte replacement drinks every 20-30 minutes.

#### **Heat Exhaustion**

A more severe heat stress-related illness where your body cannot properly cool itself. Common symptoms include headache, dizziness, and confusion. If you feel any of these symptoms: move to a cooler area, drink plenty of fluids, apply cold water/compresses to reduce body temperature, and monitor symptoms if they persist.

#### **Heat Stroke**

The most serious and dangerous heat illness, heat stroke is caused when your body temperature rises above a point where it can no longer cool itself putting your vital organs at risk. Symptoms can include confusion, loss of consciousness, and seizures. If any of these symptoms are present: seek medical help immediately, move to a cooler area, apply cold water/compresses aggressively, and do not provide any liquids.

To help avoid any of the heat illnesses above, be sure to:

- Wear light, loose clothing that allows sweat to evaporate
- Drink small amounts of water every half hour. Avoid drinks like tea and beer that make you use the restroom more frequently
- Avoid eating hot, heavy meals that can increase your body temperature
- Know your physical limits and ability to deal with heat. Make sure you slowly introduce yourself to warm environments to acclimate your body

# Heat Stress

## Take Home Point:

Heat stress is very common as temperatures rise while working outdoors. Prevent these illnesses by knowing your body's limits, drinking plenty of fluids, and looking for the signs of heat stress. If signs become severe such as heat exhaustion or heat stroke, seek medical attention and look to cool your body temperature.

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

Safety Leader: \_\_\_\_\_

Crew Members:

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