



HOT WEATHER SAFETY



Talking Points:

Heat is one of the most dangerous environmental hazards in the workplace. Heat can impact people in multiple ways – sweating, headaches, dizziness, nausea, breathing problems, etc. Every year, thousands of illnesses and dozens of fatalities are linked to heat in the workplace. Not only does it affect people at work, but it also causes health issues and fatalities at home. In this toolbox talk, we are going to explain heat illnesses – heat exhaustion and heat stroke and discuss key steps all of us can take to prevent heat-related illnesses.

Heat exhaustion is a serious condition that requires immediate response.

Signs: (Not all will be present)

- Heavy Sweating
- Cool, Pale, Clammy Skin
- Headache/Dizziness
- Nausea or Vomiting
- Rapid Pulse and/or Heart Rate
- Muscle Cramps
- Confusion and/or Irritability

First Aid:

- Move to Cool Area
- Lie Worker Down
- Loosen Constrictive Clothing (if necessary)
- Apply Cool Compresses
- If worker is fully conscious sit them up to facilitate drinking and provide cool water or electrolyte solution
- Observe – if symptoms don't improve seek medical attention

An employee may not know or understand that they are experiencing a heat related illness. It is up to all of us to know the signs and react immediately if anyone is experiencing those signs.

What can we do to prevent heat related illnesses?

- Hydration – this begins at home before you even arrive at work. At work, drink at least 5 to 7 oz. of liquid every 15 minutes when sweating.
- Look at the forecast to know what the weather will be that day. Pay attention to temperature, humidity, and sun.
- Rest – in shaded areas.
- Wear appropriate clothing – light colored, moisture wicking, breathable, and cooling.
- Eat a light healthy breakfast and lunch.

Heat stroke is a Medical Emergency It can be fatal.

Signs: (Not all will be present)

- Person stops sweating
- Pink/Flushed, Hot, Dry Skin
- Pounding, Rapid Pulse
- Headaches, Dizziness, Loss of Consciousness
- Nausea and/or Vomiting
- Slow Reaction Times
- Impaired Judgement

First Aid:

- Call 9-1-1 immediately
- Move person into Shade/Cool Area
- Remove Constrictive Clothing/Excess Clothing
- Begin Active Cooling with Cool Water, Ice Packs, Wet Cloths, Etc.
- Provide water/fluids if person is conscious and able to swallow
- Get AED, if there is one, and be ready to provide CPR

Questions to review knowledge:

1. What are two signs of heat exhaustion?

2. What are two signs of heat stroke?

3. What are the First Aid steps for heat exhaustion? _____

4. What are the First Aid steps for heat stroke? _____

5. What is one tip to help prevent heat-related illnesses? _____

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