

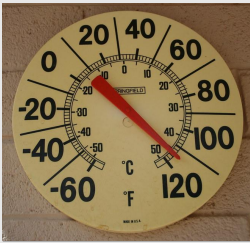
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TOOLBOX TALK

HEAT STRESS



Drinking plenty of water is critical to prevent heat illness.



Pay attention to the temperatures outside and in your work areas. If it's warm enough to feel uncomfortable, then you need to be mindful of overheating.

FACILITIES MANAGEMENT SAFETY & RISK

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At times, workers may be required to work in hot environments for long periods. When the human body is unable to maintain a normal temperature, heat illnesses can occur and may result in death. It is also important to consider that hot work environments may exist indoors. This fact sheet provides information to employers on measures they should take to prevent worker illnesses and death caused by heat stress.

Heat Illness

The following are illnesses that may result from exposure to heat in the workplace.

- **Heat Stroke** - Occurs when the body's temperature regulating system fails and body temperature rises to critical levels (greater than 104°F). Get medical help *immediately!*
 - Symptoms:
 - May be confused, unable to think clearly, pass out, collapse, or have seizures (fits)
 - May stop sweating
 - Treatment:
 - Get medical help *immediately!*
 - Do all you can to cool the person
- **Heat Exhaustion** - Occurs when body temperature exceeds 100.4°F.
 - Symptoms:
 - Headache, dizziness, or fainting
 - Weakness and wet skin
 - Irritability or confusion
 - Thirst, nausea, or vomiting
 - Treatment:
 - Remove the person to a cooler place
 - Give the person plenty of liquid to drink
 - Help the person to cool down
- **Heat Cramps** - muscle pains caused by loss of fluids and electrolytes through sweating.
- **Heat Rash** - rash triggered by excessive sweating.

Prevention

Heat Illness Prevention Program key elements include:

- A Person Designated to Oversee the Heat Illness Prevention Program
- Hazard Identification
- Water. Rest. Shade.
- Acclimatization
- Modified Work Schedules
- Training
- Monitoring for Signs and Symptoms
- Emergency Planning and Response