



Toolbox TALK

HEAT STRESS

As summer arrives, workers exposed to hot environments must prepare for rising temperatures. Training employees on heat stress signs, heat illnesses, and the health impacts of heat stress is essential.

Prepare

Allow your body to build up a tolerance to heat gradually. Heat stress frequently occurs in the first few days of working in a hot environment. Your body is not acclimated to heat, which can cause dehydration, heat stress, and heat stroke. Use a buddy system to look for signs of heat stress among workers when possible.

What does heat stress look like?

When the body cannot get rid of excess heat (e.g., sweating), its internal temperature rises. Employees experiencing heat stress may stop sweating, develop a rash, become thirsty and irritable, and/or experience cramping.

To prevent heat stress:

- Drink lots of water, rest frequently, and stay in the shade when possible.
- Wear light clothes.
- Build up a tolerance to the heat.
- Monitor for signs of heat stress.
- Train employees on heat stress and plan for emergencies.

If heat stress is not treated, it can become the most severe heat-related illness, heat stroke. If a worker becomes unconscious, experiences dry, hot skin, or has a very high body temperature, call 911 and cool the worker down immediately.



Date:

ATTENDANCE RECORD

SUPERVISOR:

CREW MEMBERS PRESENT:

COMMENTS/FEEDBACK: