



SAFETY TALK

Heat Stress

Heat stress occurs when the body's internal temperature is too high. The body can get overworked if exposed to heat too long.

What's the danger?

When the body's cooling system can't keep up with the heat, you can become dehydrated and heat-related illnesses can set in rapidly. These include:

- **Heat exhaustion** - when your body cannot keep blood flowing to vital organs and to the skin for cooling. If it is not treated promptly it can lead to heat stroke.

Symptoms include:

- Weakness or feeling faint
- Headache
- Breathlessness
- Nausea/vomiting
- Difficulty continuing to work

- **Heat stroke** – your body has used up all its water and salt and is unable to cool itself. Seek immediate medical care.

Symptoms include:

- Confusion or irrational behavior
- Dry, hot skin with no sweating
- Convulsions or seizures
- Unconsciousness

How to protect yourself

- Recognize symptoms; monitor yourself and co-workers
- Stay updated on day-time temperatures and humidity
- Wear light-weight, light-colored, loose clothing
- Stay hydrated: drink plenty of water before you are thirsty
- Wear sunscreen to limit exposure to UV rays
- Try to stay out of direct sun; work in shade when possible
- Know your body's limits and take more frequent rest breaks if needed
- Avoid heavy, hot meals that can increase body temperature
- Build up tolerance to high temperature environments
- Avoid caffeinated or alcoholic beverages that might require more washroom breaks
- Call 911 or local emergency provider immediately if you think someone is experiencing heat stroke.

Print and review this talk with your staff, sign off and file for COR™ / SECOR audit purposes.

Date: _____

Supervisor: _____

Performed by: _____

Location: _____

Concerns:

Corrective Actions:

Employee Name:

Employee Signature:

