



TOOLBOX TALKS

TOOLBOX TALKS #1 » HEAT STRESS » IDENTIFYING HEAT RELATED ILLNESSES

Toolbox Talks are intended to facilitate worksite health and safety conversations. For more Toolbox Talks, please visit www.ergodyne.com/blog

TOPIC: HEAT STRESS

Heat-related illnesses (HRIs) may develop on hot jobsites but are entirely preventable with the right training and education.

Common HRIs include:

// HEAT RASH

SYMPTOMS: Red, blister-like eruptions or itchy bumps.

PREVENTION: Shower after working in a hot environment and keep the skin dry.

TREATMENT: Dry skin off, rest in a shaded area, and rehydrate.

// HEAT CRAMPS

SYMPTOMS: Rapid sweat loss when an individual is sweating profusely.

PREVENTION: If possible, avoid working during the hottest part of the day, drink plenty of fluids, and take frequent breaks in the shade.

TREATMENT: Rest and do some light, static stretching (no bouncing or straining) and drink an electrolyte solution to replace lost nutrients.

// HEAT EXHAUSTION

SYMPTOMS: Headaches, weakness, mood changes, feeling sick, extreme sweating, and pale clammy skin.

PREVENTION: Acclimatize to hot work environments and drink water.

TREATMENT: Move to a shaded area and elevate the legs above the heart, cool the skin, and rehydrate. Remove excess clothing and equipment to allow sweat to evaporate from the skin and rehydrate.

NOTE: If heat exhaustion has progressed into a more serious condition, fluid replacement via IV may be necessary and the worker should get to a healthcare facility immediately.

// HEAT STROKE

SYMPTOMS: Pale skin, nausea, vomiting, confusion and a fever of at least 104 degrees Fahrenheit.

PREVENTION: Acclimatize to hot work environments and drink water.

TREATMENT: Body temperature must be lowered below 102 degrees within 30 minutes of collapse. Get to a healthcare facility immediately. Douse yourself in cold water or place wet towels can be placed over your entire body.

DISCUSSION DATE: _____

EMPLOYEE PARTICIPANTS:
