



FOCUS

ON THE FUNDAMENTALS

#2 Beat the Heat



Actions

Protecting Yourself and Others from HEAT STRESS

Exposure to heat can cause illness and death. The most serious heat illness is heat stroke. Other heat illnesses, such as heat exhaustion, heat cramps and heat rash, can be avoided with the appropriate precautions and vigilance.

HEAT ILLNESS SYMPTOMS to be aware of in yourself and others:

Heat Cramps

- ◆ Muscle spasms usually affecting arms, legs, or stomach
- ◆ Frequently occur at some point after work at night or when relaxing

Heat Exhaustion

- ◆ Headache, dizziness, or fainting
- ◆ Weakness and cold clammy skin
- ◆ Irritability or confusion
- ◆ Thirst, nausea, or vomiting

Heat Stroke

- ◆ Confusion, unable to think clearly
- ◆ Collapse or seizures
- ◆ Hot dry skin
- ◆ Medical emergency

PROTECT yourself and others:

- ◆ Monitor yourself and your coworkers
- ◆ Drink plenty of fluids
- ◆ Avoid beverages containing caffeine
- ◆ Wear lightweight, light colored, loose-fitting clothing

1. Positive action (who and what): _____

2. Areas for improvement (what): _____

Person completing form:

Name: _____

Supervisor: _____

Location: _____

My action conversation was with:

Name: _____

Supervisor: _____

Location: _____



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Conditions

How I Improved Safety

Good

Co-workers are drinking plenty of fluids: _____	_____
_____	_____
Frequent breaks are offered: _____	_____
_____	_____
Sufficient liquid is readily available: _____	_____
_____	_____
Shade is provided for breaks: _____	_____
_____	_____
Protective clothing that provides cooling is available: _____	_____
_____	_____

What are the RISK FACTORS for HEAT ILLNESS

- ◆ High temperature and humidity, direct sun exposure, no breeze or wind
- ◆ Low liquid intake
- ◆ Heavy physical labor
- ◆ Waterproof clothing
- ◆ No recent exposure to hot workplaces

