



SAFETY TALK

Heat stress

The body can become overworked if exposed to heat for too long.

What's the danger?

When your body's cooling system can't keep up with the heat, you become dehydrated and your temperature rises above 38°C causing heat-related illnesses.

- **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 – feeling faint
- headache
- breathlessness
- nausea or vomiting
- difficulty continuing to work

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

symptoms include:

- confusion or irrational behavior
- dry, hot skin with no sweating
- convulsions
- unconsciousness

How to protect yourself

- Know the symptoms and monitor yourself and your co-workers
- Stay up to date on day time temperatures
- Wear light loose clothing that allows sweat to evaporate
- Stay hydrated – drink plenty of water before you feel thirsty
- Wear sunscreen to limit UV ray exposure
- Try to stay out of direct sunlight
- Take more frequent rest 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: _____

Performed by: _____

Concerns:

Employee Name:

Supervisor: _____

Location: _____

Corrective Actions:

Employee Signature:

