

Worksite: _____ Instructor: _____ Date/Time: _____

Topic C816: Heat Illness Prevention

Introduction: Heat stress factors including air temperature, humidity, ventilation, workload, and personal fitness can affect how likely somebody is to suffer from a heat illness: heat rash, cramps and even the potentially fatal, hyperthermia, also known as heat stroke. But your own actions can dictate the outcome, and today we will talk about what you can do to prevent heat illness.

Be on Alert

Mild heat illnesses can quickly become serious if the body isn't quickly rehydrated and cooled down. That's why you want to watch for heat illness symptoms in yourself and your coworkers. Everybody has to watch out for each other because some of the symptoms like confusion, irritability and appearing drunk can affect your own judgement.

Some of the other symptoms include being thirsty, heavy sweating, dizziness, increased heart rate, nausea, or vomiting.

Know the Plan

Be familiar with your own heat illness protection plan. It might include reduced work schedules, proper clothing, personal protective equipment (PPE), emergency procedures, who has first aid training, and established "working alone" procedures.

You also need to know how to call 9-1-1 and be able to give emergency responders directions to the worksite. This is especially important in remote or temporary locations.

Know where to go for cool shade and water when you recognize heat stress symptoms in yourself or any of your coworkers and know who to alert in this situation. Always know where the nearest shaded area is which should always be easy to reach quickly, out of direct sunlight, and comfortable to rest in. Know where the nearest drinkable water source is as there may be one closer than the designated shaded area.

Preventive Measures

Drink water and take cool down rest breaks before you experience any symptoms. Whenever possible, have your own water container with you.

Water is the best option over soda and other drinks that can contain caffeine or excessive sugar. Sports drinks are also beneficial to replenish lost electrolytes and their flavor can help you drink even more.

High Heat Procedures

Your heat illness protection plan may also include special precautions during excessively high heat: a buddy monitoring system, designating a person responsible for calling for 9-1-1 when necessary, pre-shift meetings, acclimatization procedures for new employees and all workers during a heat wave.

Acclimatize

It typically takes two weeks for anybody new to adapt to the worksite. During this time be extra aware of any heat illness symptoms and take preventative cool-down breaks when needed.

Conclusion: Discuss how these and other specifics apply to your worksite. Do you always know where to go for shaded rest and rehydration, who to contact when you feel sick, or even what to do when a coworker is affected by the heat?

Employee Attendance: (Names or signatures of personnel who are attending this meeting)

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
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These guidelines do not supersede local, state, or federal regulations and must not be construed as a substitute for, or legal interpretation of, any OSHA regulations.