



Toolbox TALK

HEAT STRESS PREVENTION

Exposure to heat can cause illness and even death, but heat stress is preventable. Pay attention to weather predications and plan accordingly.

To prevent heat stress:

- Become acclimated to hot environments. Workers who are not accustomed to hot environments are more susceptible to heat-related injuries.
- Ensure water and/or sports drinks are available on all job sites. Replenish body fluids on a consistent basis (at least 8 ounces every 20 minutes). Drink energy drinks sparingly, and avoid carbonated and caffeinated beverages, which increase thirst.
- Follow work/rest schedules. If you begin to feel light-headed or stop sweating, stop your activity, rest, and rehydrate.
- Use a recovery area such as an air-conditioned vehicle or a shaded space with good air movement.
- If possible, reschedule hotter jobs during the coolest part of the day.
- Monitor your physical condition and that of your coworkers.
- Eat light meals such as fruits, vegetables, and nuts.
- Certain medications will also increase the effects of heat. Consult with your physician.

Listen to your body and heed its warning signs. Pushing through can have disastrous results.



Date:

ATTENDANCE RECORD

SUPERVISOR:

CREW MEMBERS PRESENT:

COMMENTS/FEEDBACK: