# Tool Box Talks



## TOPIC: Staying Safe in Hot Weather

Hot weather can cause heat stress which can lead to more serious problems such as heat exhaustion, heat stroke or even death.

### What To Watch For

- Nausea
- Headache
- Weakness
- Vomiting
- Dizziness
- Breathing difficulty
- Chills
- Rapid heart beat

## Tips When Working In Hot Weather

- Take Short Frequent Breaks
- Find a cool shady area, or if possible get into an air conditioned building
- Drink plenty of fluids
- Wear hats and light colored clothing

#### Preventative Measures In Hot Weather

- Keep updated on training in recognizing the signs, symptoms and treatment for heat stress, if possible review first aid procedures for heat stress.
- Watch the weather and know what the hazardous levels of temperature and humidity are.
- Have water on the job site, and promote consumption of fluids
- Monitor employees and be aware of the signs of heat stress

## What to do in an Emergency

- Inform someone that you need medical help, and tell them to call the supervisor
- Begin administering first aid.
- Move the person to a shady spot
- Give the person water and encourage them to sip slowly and not to gulp it down, unless they are vomiting.
- Loosen clothes; remove articles of clothes if they are wearing layers.
- Cool them down-Fan them, put ice packs around the groin, underarms, wet the clothes but do not dunk the person in water this may cause shock.

Employee Participants