

5 Minute Training

Temperature Extremes – Heat

Overview Of Topic

When the body is unable to cool itself through perspiration, serious heat illnesses can occur. The most extreme heat-induced illnesses are heat exhaustion and heat stroke. If not treated, heat related illnesses can lead to mental confusion, seizures, or even death.

Symptoms of heat exhaustion include:

- headaches, dizziness, and/or lightheadedness.
- physical weakness, fainting, or passing out.
- mood changes, irritability, or mental confusion.
- sick to the stomach, vomiting, throwing up.
- decreased and darkly color urine.
- pale, clammy skin.

Symptoms of heat stroke include:

- dry, pale skin, with no perspiration.
- hot, red skin, resembling sun burn.
- mood changes, irritability, and mental confusion.
- seizures.
- physical weakness, fainting, or passing out.

Treating heat related illnesses:

- move person to a cool, shaded area. Don't leave the person unattended.
- if person is dizzy or light-headed, lay them on their back and raise their feet a few inches.
- if the person is sick to their stomach, lay them on their right side.

- loosen and remove heavy clothing.
- offer cool water—a small cup every 15 minutes.
- fan them, spray with cool water, or lay cool, wet towels on their head, wrists, or other exposed skin.
- if the person does not feel better in a short time, call for emergency medical help.
- if ice is available, place ice packs under the arm pits and in the groin area.

Training Tips

Review with employees the symptoms of heat-related illnesses and ways to protect themselves and their coworkers.

Explain that employees should check with their doctor if they are taking medications or have any medical condition, to see if working in hot environments would have adverse effects. Mention that having had a heat-induced illness in the past increases the odds that an individual is at increased risk.

Also explain that employees who must wear heavy or restrictive PPE have an increased risk of developing a heat-related illness

Smart Safety Rules

Don't wear dark, tight-fitting clothes

Don't eat heavy meals before working in the heat

Cover as much of your body as possible

Keep drinking water close by

Don't drink alcohol or drinks with caffeine

Know and react to symptoms of heat-related health problems