



# Toolbox Safety Talks

## Heat Exhaustion & Stroke

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- 1)** What are the hazards involved with heat related injuries?
  - a. Sickness
  - b. Loss of consciousness
  - c. Possibly death
  
- 2)** What symptoms should you be aware of?
  - a. Symptoms of Heat Exhaustion
    - i. Headaches, dizziness, lightheadedness, or fainting
    - ii. Weakness and moist skin
    - iii. Mood changes such as irritability or confusion
    - iv. Upset stomach or vomiting
  - b. Symptoms of Heat Stroke
    - i. Dry, hot skin with no sweating
    - ii. Mental confusion or loss of consciousness
    - iii. Seizures or convulsions
  
- 3)** What treatment and prevention items should be used?
  - a. Know the symptoms and monitor yourself and your co-workers
  - b. Block direct sunlight and other sources of heat
  - c. Use cooling fans or air conditioning, and rest regularly
  - d. Drink lots of water (about one cup every 15 minutes)
  - e. Wear lightweight, light-colored, loose-fitting clothes
  - f. Avoid alcohol, caffeinated drinks, and heavy meals
  - g. Call 911 (or a local emergency number) immediately
  - h. Move the worker to a cool, shaded area, and loosen or remove heavy clothing
  - i. Provide cool drinking water
  - j. Fan and mist the person with water
  
- 4)** Which of our jobs require work in hot environments?
- 5)** Can these jobs be modified to prevent heat related illnesses?
- 6)** Where is the closest hospital?
- 7)** Has anyone ever experienced a heat related illness? Explain the circumstances!



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**Make Time for Safety, Everyday!** – Yes, production is important, *but the focus must be on Safe Production!* Keep that in the back of your mind. Don't take risky chances and stay out of harm's way. Nobody goes to work thinking 'I'm going to get hurt or killed on the job, today!' But every day 15,000-17,000 workers suffer disabling injuries on the job and another 11-17 are killed. ***What are you doing to make sure it doesn't happen on your shift?***

***Keep stoking the fire; we can't let the 'Safety Train' run out of steam!***

**Date Presented:** \_\_\_\_\_

**Presented By:** \_\_\_\_\_

### Attendance Sheet
