



Toolbox Safety Talks

Heat Exhaustion & Stroke

- 1) What are the hazards involved with heat related injuries?
 - a. Sickness
 - b. Loss of consciousness
 - c. Possibly death

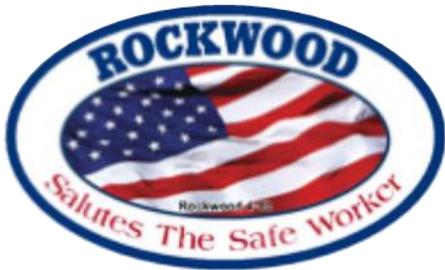
- 2) What symptoms should you be aware of?
 - a. Symptoms of Heat Exhaustion
 - i. Headaches, dizziness, lightheadedness, or fainting
 - ii. Weakness and moist skin
 - iii. Mood changes such as irritability or confusion
 - iv. Upset stomach or vomiting
 - b. Symptoms of Heat Stroke
 - i. Dry, hot skin 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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Date Presented: _____

Presented By: _____

Attendance Sheet



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