



Heat Related Illness & Staying Healthy WELCOME TO THE SOUTH!

Here are some Talking Points for this months Toolbox Talk.

*Please check out the video we posted
to our Facebook page regarding Heat Safety Training.*

1. Start your Toolbox Talk by handing out waters to your crew.
Bringing to mind that HYDRATION is the key to keeping heat related illness at bay.

REMINDE them that we battle heat and humidity in the south all the time and we cannot take for granted that we are used to it. We need to be aware of symptoms and solutions.

2. Explain what Heat Related Illness is... also referred to as hyperthermia. It is a condition resulting from exposure to heat where the body cannot properly cool. This leads to a rapid rise in body temperature.

High humidity can contribute to heat illness. The evaporation of sweat is a natural way to remove heat from the body, but when humidity is high, sweat does not evaporate as quickly. This contributes to the body not being able to cool properly.

3. Ask your team if they have ever experienced a heat related issue?
Ask them to explain the incident. Get other members to join the conversation.
Ask them about specific symptoms and what was done to resolve the issue.

4. Ask if they can list the symptoms for Heat Exhaustion & Heat Stroke

Heat Exhaustion – Dizziness, Fainting, Sweating, Cool Pale Clammy Skin, Nausea, Vomiting, Rapid Weak Pulse, Muscle Cramps, Tiredness, Weakness

Heat Stroke – High Temperature 103° or higher, Sweating Stops, Hot Red Dry Skin, Headache, Dizziness, Confusion, Loss of Consciousness

5. Handout the Toolbox Talk Flyer
6. Review the Symptoms for Heat Exhaustion & Heat Stroke
7. Review the Treatment Options
8. Close out with a reminder that heat related injuries can have life-long health impacts or lead to death if not prevented and they must follow the best practices mentioned today.