



## Heat Stress Safety Talk

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### 1. Introduction (1-2 minutes)

#### Why It Matters:

Welcome everyone! Today's safety talk focuses on **Heat Stress** – which occurs when the body can't cool itself enough to maintain a safe internal temperature. Working in hot weather or poorly ventilated spaces can lead to **heat stress**, which includes a range of serious health risks from mild dehydration to **heat exhaustion** and **heat stroke**, which can be **fatal** if not treated quickly.

Every year, thousands of workers get sick from heat-related illnesses — and **most of them are preventable**.

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### 2. Key Safety Points (3-5 minutes)

#### *Hydrate Regularly*

- *Drink water every 15–20 minutes, even if you're not thirsty*
- *Avoid caffeine, alcohol, and energy drinks*

#### *Dress Smart*

- *Wear light-colored, loose-fitting, breathable clothing*
- *Use hats and sunglasses*

#### *Use Shade & Breaks*

- *Take frequent breaks in cool or shaded areas*
- *Use fans or cooling towels if available*

#### *Acclimatize New Workers*

- *Gradually increase time spent working in the heat over 1–2 weeks*



***Use the Buddy System***

- *Monitor coworkers for signs of heat illness*

***Know the symptoms and what to do***

Heat Exhaustion Symptoms:	What to do?
<ul style="list-style-type: none"><li>• Heavy sweating</li><li>• Weakness or fatigue</li><li>• Dizziness or fainting</li><li>• Headache</li><li>• Nausea or vomiting</li><li>• Cool, pale, clammy skin</li></ul>	<ul style="list-style-type: none"><li>• <b>Get to a cool, shaded area</b></li><li>• <b>Drink water or electrolyte drinks</b></li><li>• <b>Loosen clothing</b></li><li>• <b>Apply cool, wet cloths</b></li><li>• <b>Rest</b></li></ul>
Heat Stroke (Call 911 Immediately):	What to do?



<ul style="list-style-type: none"><li>• No sweating, dry hot skin</li><li>• Confusion or altered mental state</li><li>• Seizures</li><li>• Loss of consciousness</li><li>• Very high body temperature (above 103°F / 39.4°C)</li></ul>	<ul style="list-style-type: none"><li>• <b>Call 911 immediately</b></li><li>• <b>Move to a cool area</b></li><li>• <b>Cool the person with wet towels or ice packs</b></li><li>• <b>Do NOT give fluids if they are unconscious</b></li></ul>
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### 3. Demonstration & Checklist (3-5 minutes)

- **Interactive Segment:** Invite questions and clarify any concerns.
  - What's your personal signal that it's time to take a break?
  - Do you know where the water station and shade area are on site?
  - Who would you tell if you or a coworker started showing signs of heat stress?

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### 4. Conclusion (2 minute)

- **Summary:** The job isn't worth your health. If you feel off — speak up. **Hydrate, rest, and stay alert.**
- **Call to Action:** Let's all ensure we know how to identify and respond to heat stress situations.
- **When to Call Emergency Services:**
  - Call 911 or local emergency services if the hazard is life-threatening, or if you're unsure about the severity.
- **Report Accidents:**



- Always report any workplace hazards, no matter how minor it seems, to your supervisor or EHS office for documentation and follow-up.
  - **Thank you:** "Thank you for your time and attention today. Safety is everyone's responsibility. Stay alert, stay safe!"
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