

Heat Illness Prevention

PROJECT / SITE	DATE	TALK LED BY

THE HAZARD

Heat builds up over a shift and over a week. Heat stroke is a medical emergency, and the person having it is usually the last to notice.

WHAT GOES WRONG

- New or returning workers put straight onto full output on their first hot day.
- Water available but too far away to drink from without losing time.
- Someone quiet and off their pace, and nobody checks on them.
- Working through the hottest part of the day because the schedule slipped.

CONTROLS: BEFORE YOU START

- Drink water regularly through the shift, before you feel thirsty.
- Take rest breaks in real shade, and move heavy work to the cooler parts of the day.
- Build up new and returning workers over several days rather than starting at full pace.
- Watch your coworkers for the early signs: cramps, heavy sweating, headache, dizziness, confusion.
- If someone stops sweating, becomes confused, or passes out, call 911 and start cooling them immediately.

ASK THE CREW

1. Where is the water and the shade on this site, and how far is it from where we are working?
2. Who is new or coming back from time off this week?
3. What are the early symptoms you would look for in the person next to you?
4. What do we do if someone goes down from heat, and who calls it in?

ATTENDANCE RECORD

Everyone present signs below. This sheet is the record of the talk.

PRINT NAME	SIGNATURE
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SUPERVISOR / COMPETENT PERSON	SIGNATURE