



Public Works Tool Box Talk

Heat Stress



The Problem: High Temperature+High Humidity+Physical Work=Heat Stress

Heat stress can manifest itself in many ways, the most severe of which are heat exhaustion and heat stroke. If left untreated, heat exhaustion can progress to heat stroke and eventual death.

If any employee experiences symptoms of heat exhaustion or heat stroke an incident report must be completed!

Heat Exhaustion Symptoms

- Fatigue, dizziness, faintness
Moist clammy skin that is pale or flushed
Mood changes
Nausea, vomiting
Rapid pulse

Heat Exhaustion Treatment

- Move the employee to a cool place to rest.
If dizzy, have the employee lie down with their feet elevated
If nauseated, have the employee lie on his or her side
Loosen or remove heavy clothing.
Unless nauseated, give 1/2 glass of water every 15 minutes
Apply cool compresses to the skin, fan, mist with water

Heat Stroke Symptoms

- Confusion, mood changes
Seizures, loss of consciousness
No sweating

Heat Stroke Treatment

- Call 911 immediately!
Follow the same guidelines as heat exhaustion until ambulance arrives*
* Aggressively work to cool the employee down!

The Prevention: Education and Protection

- Drink a cup of electrolyte drink, water, or juice approximately every 15-20 minutes.
Avoid beverages with caffeine or alcohol.
Acclimatize and recognize your limits.
Wear loose fitting, breathable clothing.
Take frequent short breaks instead of fewer, longer breaks.