



# KCA TOOL BOX TALK: Heat Illness Prevention

Exposure to extreme heat can result in illness and injury. Working in a hot environment can cause heat stroke, heat exhaustion, heat cramps, or heat rash. In addition, heat increases the risk of injury for workers because of sweaty palms, fogged-up safety glasses, and dizziness. Burns also can occur when a worker comes in contact with a hot surface or steam.

## Signatures

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## Preventing Injuries from Hot Weather:

- ✓ Your employers should train you on heat hazards and their plan to prevent heat-related illnesses.
- ✓ Take frequent breaks in the shade or in air conditioning.
- ✓ Drink plenty of water and stay hydrated. During moderate work in the heat for less than 2 hours, you should drink 1 cup (8 ounces) of water every 15–20 minutes. If you will be sweating for several hours, you will need sports drinks. Avoid alcohol, caffeine, and sugar.
- ✓ Recognize the signs of heat illnesses in yourself and your co-workers.
- ✓ Signs of heat stroke include confusion, slurred speech, seizures, hot, dry skin or profuse sweating, unconsciousness, and high body temperature.
- ✓ Signs of heat exhaustion include headache, nausea, dizziness, weakness, irritability, thirst, heavy sweating, high body temperature, and low urine output.
- ✓ If a co-worker has signs of heat exhaustion: Call 911. Get the worker to shade and cool them down by removing clothing, wetting with cool water and ice, and fanning. Encourage frequent sips of water.

For more information visit OSHA Regulation: General Duty Clause Section 5(a)(1)