

Safety Meeting
Summer Safety



Company: _____ Presenter: _____ Date: _____

You need to be aware that the physical work you do, combined with high temperatures and sometimes with high humidity, can result in heat illness.

Heat illness can take multiple forms, increasing in severity from heat cramps, to heat exhaustion, to heat stroke. Heat cramps are muscle cramps that can be brought on by the loss of salts due to perspiration. Heat exhaustion is characterized by weakness due to heavy perspiration and insufficient intake of water to compensate for loss of fluids. Heat stroke is the most severe form of heat illness. It is a life-threatening emergency which requires immediate medical attention.

Learn to recognize the symptoms of each type of heat illness. Heat cramps are muscle cramps, often in the legs or abdomen, that may be accompanied by heavy perspiration and lightheadedness. A person experiencing heat exhaustion will have cool, moist skin that may be pale or red. Other symptoms may include dilated pupils, headache, extreme thirst, nausea, weakness, and loss of consciousness. If not treated, heat stroke may result. A person with heat stroke has a dangerously high body temperature. The skin is generally dry, hot, and red. Other symptoms of heat stroke include small pupils, weak pulse, shallow breathing, and extreme confusion.

If you find that you or someone you work with has overexerted himself in the heat, make sure that treatment is promptly administered. Use a combination of approaches to cool the employee. Move the employee into the shade, into a cool room, or to an air-conditioned building or car. Have him rest with his feet elevated. Pour cool water from a hose or cooler on the employee's body. Place wet towels on the neck or in the armpits. Have the employee slowly sip cool water or an electrolyte beverage. Do not give over-the-counter medication for treating fever, such as aspirin, or liquids that contain alcohol or caffeine.

An ounce of prevention is worth a pound of cure. Prevent heat-related emergencies by slowly building up tolerance to the heat and to the amount of activity you perform in the heat. Drink plenty of cool water before, during, and after strenuous activities. Wear light, loose-fitting, breathable clothing. When possible, perform the heaviest work in the coolest part of the day. Take frequent, short breaks in cool or shaded areas. Work at a steady pace, minimizing overexertion. The symptoms of heat illness may be evident even if you are not working in the sun -- a hot, poorly ventilated space can be just as dangerous. Internal factors can also influence the onset of heat-related illnesses. Certain medications can alter your body's response to heat and sun. Avoid eating large meals or consuming alcohol before, during, or after exercise or work.

Employee Signatures
