



Train. Protect. Prevent.

AVOIDING HEAT STROKE ON THE JOB

Avoiding heat stroke on the job is easy. As we approach the summer months in the United States becoming dehydrated and over-heated can happen quickly. Today we will discuss heat stroke, how it happens, and what you can do to avoid it.

So who is affected by heat stroke? Anyone who will be outside in hot temperatures can experience a heat stroke. Some groups that have a higher risk factor for heat stroke include: elderly people, people who don't drink enough water, take medication, have chronic diseases, or people who consume large amounts of alcohol.



When is risk the highest for heat stroke? This all depends on the heat index. Once the heat index rises above 85 degrees a plan should be put into place to monitor your workers hydration levels.

What are warning signs of heat stroke? A strong headache, feeling dizzy, becoming light-headed, a lack of sweating, hot skin, cramps, muscle weakness, vomiting, and behavioral changes.

What is the best way to avoid heat stroke? Scheduling water breaks frequently, or assigning a laborer to deliver water on a large site is essential to keeping the risk of heat stroke low. Remember it is recommended that we drink about 64 ounces of water on a normal day. Provide Sunscreen, and lightweight clothing that is loose-fitting. Other solid strategies include working earlier in the day, or, possibly at night to avoid exposure to the sun.

All weather conditions should be evaluated during your daily job safety analysis prior to work commencing. If weather could become a hazard, explaining to your crew how to handle it is critical.

Group Discussion:

Has anyone ever experienced a heat stroke? If so, what was it like? Did you receive medical treatment?

Discuss your crew's procedure for avoiding heat stroke.

Work Site Review: Hazards/Safety Suggestions

Company Name: _____ Work Site Location: _____

Date: _____ Start Time: _____ Finish Time: _____ Foreman/Supervisor: _____

Employee Signatures: (continue on back of sheet if necessary)

(My signature attests and verifies my understanding of and agreement to comply with, all company safety policies and regulations, and that I have not suffered, experienced, or sustained any recent job-related injury or illness)

Manager/Supervisor's Signature: _____

Disclaimer: The information and suggestions contained in these safety talks are believed to be reliable. However, the authors of the topics and the owners of this web site accept no legal responsibility for the correctness, sufficiency, or completeness of such information or suggestions contained within these topics. These guidelines do not super cede local, state, or federal regulations and must not be construed as a substitute for, or legal interpretation of, any OSHA regulations