



TOOLBOX TALK



TOPIC DISCUSSED:

HEAT STRESS



Heat stress can result in heat stroke, heat exhaustion, heat cramps, or heat rashes. Heat can also increase the risk of injuries in workers as it may result in sweaty palms, fogged-up safety glasses, and dizziness. Burns may also occur as a result of accidental contact with hot surfaces or steam.



QUESTIONS:

1. Name 3 heat-related illnesses.
2. Why should you not put ice-cold water on a construction worker suffering from heat exhaustion?
3. What are some of the symptoms of heat stroke?



SOME ASPECTS TO CONSIDER

WHAT IS

HEAT STRESS?

Heat stress occurs when the body cannot get rid of **EXCESS HEAT**

When this happens, your body temperature rises, your heart rate increases, and you may experience a range of symptoms, from sweating (or lack of sweating) to dizziness and collapsing. Heat stress can result in a number of heat-related illnesses, including heat stroke, heat exhaustion, heat cramps, and heat rash.

STAY HYDRATED | TAKE BREAKS | TAKE TIME TO ADAPT

CAUSES

Workers at risk of heat stress typically include **OUTDOOR WORKERS** and workers in warm or **HOT ENVIRONMENTS**. **Construction workers** are especially susceptible to heat stress as they **PERFORM HARD LABOR** outdoors in the summer months.



Layers of clothing/PPE



High outdoor temperature



Dehydration



High humidity



Direct sunlight



Intensity of work



Non-A/C workspaces



Decreased urination

TREATMENT

Stop them from working, move them into the shade, and push clear fluids. Have the person drink water and zero caffeine electrolyte replacement drinks.



Keep a **CLOSE EYE** on the individual. If they recover with fluids and shade, send them home for the day. If they do not recover, or they deteriorate and show signs of heat exhaustion call 10177.

Then, move them **INDOORS** and into an air-conditioned space if possible. Stay with the patient until EMS arrives.

NB [**DO NOT PUT ICE-COLD WATER ON A CONSTRUCTION WORKER SUFFERING HEAT EXHAUSTION OR HEAT STROKES THIS CAN CAUSE THEM TO GO INTO SHOCK MAKING THE SITUATION WORSE.**]

