

HBACA Safety Committee May 2019 Tool Box Talk #1

Heat Safety Awareness Stand Down

May 2020

Why is Heat Safety Awareness Important:

- Heat-related deaths are by far the number one weather-related killer in the country!
- In Maricopa County alone, there were 182 heat associated deaths in 2018!
[\[source\]](#)

How to recognize Heat-Related Illness:

Heat-Related Illness	Symptoms and Signs
Heat stroke	<ul style="list-style-type: none">▪ Confusion▪ Slurred speech▪ Unconsciousness▪ Seizures▪ Heavy sweating or hot, dry skin▪ Very high body temperature▪ Rapid heart rate
Heat exhaustion	<ul style="list-style-type: none">▪ Fatigue▪ Irritability▪ Thirst▪ Nausea or vomiting▪ Dizziness or lightheadedness▪ Heavy sweating▪ Elevated body temperature or fast heart rate

How to help when someone shows signs of Heat-Related Illness:

OSHA's [Medical Services and First Aid standard](#) and the [Medical Service and First Aid in Construction](#) require the ready availability of first aid personnel and equipment. First aid for heat-related illness involves the following principles:

- Take the affected worker to a cooler area (e.g., shade or air conditioning).
- Cool the worker immediately. Use active cooling techniques such as:
 - Immerse the worker in cold water or an ice bath. Create the ice bath by placing all of the available ice into a large container with water, standard practice in sports. **This is the best method to cool workers rapidly in an emergency.**
 - Remove outer layers of clothing, especially heavy protective clothing.
 - Place ice or cold wet towels on the head, neck, trunk, armpits, and groin.
 - Use fans to circulate air around the worker.
- Never leave a worker with heat-related illness alone. The illness can rapidly become worse. Stay with the worker.
- When in doubt, call 911!

Confusion, slurred speech, or unconsciousness are signs of heat stroke. **When these types of symptoms are present, call 911 immediately and cool the worker with ice or cold water until help arrives.**

And remember, workers who are new to working in warm environments are at increased risk of heat-related illness.

How to prevent Heat-Related Illness:

- Drink water even if you aren't thirsty – every 15 minutes.
- Avoid beverages containing alcohol and caffeine.
- Wear lightweight, light colored, loose-fitting clothing.
- Rest in the shade.
- Look out for each other.

