

# SafetyTalk

## Topic: Heat Stress

Symptoms of heat illness can vary from person to person. Ranging from minor symptoms, such as prickly heat/rash, to cramps and heatstroke — heat illness can be a life-threatening medical condition. The most common symptoms — headache, nausea, vomiting and cramps — can indicate both the most and least severe forms of heat illness, making it difficult to distinguish between them. Help mitigate risk of heat stress by following the tips below.

### General Safety Tips

- Ensure engineering controls are in place, such as air conditioning/cooling fans/ventilation systems, reflective shields to divert heat, outdoor shade areas
- Ensure administrative controls are in place, such as hydration stations, implemented rest schedules, guidelines for reducing high-intensity work during peak hours, relief worker staffing and guidelines permitting employees to acclimate to temperatures before work and after breaks
- Learn the signs and symptoms of heat-induced illnesses
- Perform the heaviest work in the coolest part of the day and slow the pace of work
- Take frequent short breaks in cool shaded areas
- Drink plenty of water (one small cup every 15 to 20 minutes)
- Avoid caffeine and alcoholic beverages, which can dehydrate the body
- Avoid eating large meals before working in hot environments
- Dress in light-colored, lightweight clothing
- Use appropriate PPE, such as cooling vest, hat with visor, sunscreen, sunglasses, etc.

### Topics to Discuss

- Signs and symptoms of heat stress
- Work schedules to avoid peak temperatures
- Recommended PPE
- Emergency procedures

### Resources

For more information about this topic, visit:

- United Heartland Resource Library: <https://www.unitedheartland.com/resource-library>
- United Heartland Risk Connection Safety Article: [Know the Symptoms of Heat Illness](#)
- Occupational Safety and Health Administration — Water. Rest. Shade. Campaign [OSHA.gov/heat](https://www.osha.gov/heat)

# SafetyTalk

**Topic:** \_\_\_\_\_  
**Date:** \_\_\_\_\_  
**Location:** \_\_\_\_\_  
**Meeting Organizer:** \_\_\_\_\_

Organization Name

Items Discussed:

Problem Areas or Concerns:

Attendees (Names/Signatures):	

Comments: