

WORKING IN HOT WEATHER

Actsafes's Toolbox Talks are intended as an informational resource for employers and supervisors to use to deliver a safety talk on a specific subject. A toolbox talk can be an effective way of refreshing workers' knowledge of safe work procedures and sharing information with more experienced workers.

Working in Hot Weather

When the body is in a hot environment, or when too much body heat is produced by vigorous physical activity, the body will attempt to rid itself of the excess heat usually through sweating, the evaporation of the sweat, and dilation of blood vessels. Dilation of blood vessels bring more blood to the skin surface.

People become ill when the body is exposed to more heat energy than one can handle and could result in heat illnesses. Elevated air temperatures and humidity, working around hot machinery, vigorous work activity, absence of a breeze or wind, and exposure to direct sunlight increase the risk of heat illness.

Types of heat illness

- **Heat Rash:** Reddened skin, can be painful and itchy.
- **Heat Cramps:** Painful muscle spasms, cramping of muscles in the arms and legs.
- **Heat Exhaustion:** Symptoms include headaches; dizziness; lightheadedness or fainting; weakness and moist skin; mood changes such as irritability or confusion; upset stomach or vomiting.
- **Heat Stroke:** Symptoms include dry, hot skin with no sweating; mental confusion or loss of consciousness; seizures or convulsions. Seek professional assistance immediately.

In the event you recognize these symptoms in yourself or a co-worker, immediately notify your supervisor and contact first aid.

What can you do to stay safe in hot conditions?

- Stay hydrated. Drink water or Gatorade-type drinks frequently (about 8 oz every 15 minutes.)
- If possible, avoid direct sunlight or other heat sources.
- Utilizing the ventilation or fans in enclosed areas.
- Rest frequently in cool, shaded areas.
- Avoid alcohol or caffeinated beverages and eat lightly.
- Get acclimated but remember that this takes time, possibly several days
- Wear lightweight, light-colored, and loose fitting clothes.
- Wear wide brimmed hard hats, neck protectors (Chill-Its) and sunscreen.

Attendees (attach Sign-in Sheet if needed):

Name	Initials	Name	Initials
_____	_____	_____	_____
_____	_____	_____	_____
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_____	_____	_____	_____
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Date: _____

Supervisor/Department: _____

