

7/14/17

SAFETY MEETING

27

Company Name: Superior Waterproofing Job Name or #: _____ Date: _____

HEAT ILLNESS

When the body is unable to cool off by sweating, heat-induced illnesses such as **heat exhaustion** and **heat stroke** can occur. These illnesses are very serious, and can sometimes result in death.

High temperatures, humidity, direct sun, limited air movement, physical exertion, poor physical condition, some medications, and inadequate tolerance for hot workplaces or areas all contribute to heat stress.

To control this hazard, take precautions, be able to recognize the symptoms of heat exhaustion and heat stroke, and know what to do in the event of a heat-related illness.



Common Symptoms of Heat Illness

<p>Heat exhaustion:</p> <ul style="list-style-type: none"> • Headaches • Dizziness, lightheadedness, or fainting • Extreme weakness • Profuse sweating • Irritability • Nausea or vomiting • Cramps 	<p>Heat stroke:</p> <ul style="list-style-type: none"> • Dry, hot skin with no sweating • Strong, rapid pulse • Dizziness and nausea • Confusion or irrational behavior • Seizures or convulsions • Loss of consciousness
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Planning and Monitoring

- If the temperature reaches or exceeds **95°F**, additional steps must be taken to monitor employees for water intake and symptoms of heat illness.
- Closely observe new employees during their first 14 days of employment in high heat areas as they acclimatize.

General Controls

- Provide shaded areas large enough to accommodate all employees during meal, rest, or recovery periods. This can be achieved through rotation of employee breaks.
- Provide employees with one quart of water minimum per hour for the entirety of shift.
- Employees should wear lightweight, light-colored, and loose-fitting clothes.
- Employees should avoid alcohol, caffeinated drinks, and heavy meals.

Responding to Heat-Related Illnesses

- **Never** order employees back to work if they exhibit symptoms of a heat illness.
- The individual giving care must:
 - Move the affected person to a cool, shaded area.
 - Loosen or remove any heavy clothing.
 - Provide cool (but not cold) drinking water.
 - Fan and mist the person with water.

WHAT UNSAFE OPERATIONS DID YOU FIND ON YOUR JOBSITE THIS WEEK? _____

What Corrective action was taken? _____

Meeting Attended By _____

Supervisor's Signature _____