



SAFETY TAILGATE MEETING

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Company	Concrete North, Inc.	Project	tahoe beach club phase 2 21-007		
Date	July 05, 2021	Time	6:30 AM	Conductor	Richard Smith

HEAT ILLNESS PREVENTION

INTRODUCTION

The heat can affect our thinking, cause heat illness, and even result in death. It is imperative that we give this our attention, understand the danger and protect ourselves.

Different states have different requirements. Research the specific law in your state. However, the following are principles to help us protect ourselves.

Question: Has anyone ever experienced heat illness? What happened?

In this meeting, we will discuss:

(1) HOW TO RECOGNIZE IT

(2) HOW TO TREAT IT

(3) HOW TO PREVENT IT

HOW TO RECOGNIZE IT

The Centers for Disease Control (CDC) identify two primary types of heat illness: (1) Heat exhaustion, and (2) Heat Stroke.

Question: What are the signs and symptoms of these?

(1) Heat Exhaustion

- Heavy sweating
- Weakness
- Cold, pale and clammy skin
- Fast, weak pulse
- Nausea or vomiting Fainting

(2) Heat Stroke

- High body temperature (above 103 degrees F)
- Hot, red, dry or moist skin
- Rapid and strong pulse
- Possible unconsciousness

HOW TO TREAT IT

IF HEAT EXHAUSTION:

- Move to a cooler location and out of the sun.
- Lie down and loosen clothing.
- Apply cool, wet cloths to your body.
- Sip cool water.
- If you have vomited and it continues, seek medical attention immediately.

IF HEAT STROKE

- Call 911 immediately – This is a medical emergency.
- Move the person to a cooler environment.
- Reduce the body temperature with cool cloths.
- Do NOT give fluids.

NOTE: NEVER LEAVE A PERSON ALONE WHO HAS SUFFERED HEAT ILLNESS. NOTIFY YOUR SUPERVISOR IMMEDIATELY.

HOW TO PREVENT IT

- Stay hydrated by drinking plenty of water.
- Avoid fluids that contain alcohol or large amounts of sugar.
- Wear and reapply a sunscreen regularly.
- Take breaks in the shade and more often when temperatures are extremely high or as needed.
- Acclimate workers to the heat gradually.
- Never work alone and have a buddy system in place.

Group discussion: Remember, the heat can affect our thinking ability. How can the heat affect production, quality, and our safety?

Note: Discuss your emergency response procedures and who is responsible.

Attendees Names

Attendees Signatures

Eddie Gall, Sr.

Eddie Gall

Art Gall, Sr.

Art Gall Sr

Robert Hruz

Rob Hruz

barajas, baldemar

Bald Barajas

Hutcheson, Zachery

Zachery Hutcheson

Guerra, Brayán

Brayán Guerra

Vasquez Ontiveros, Leonel

Leonel Vasquez

Villegas, Abeldaro



Lambert, Matthew



CONDUCTOR SIGNATURE

