



# SAFETY TAILGATE MEETING

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## 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.

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**Attendees Names**

Jacob Freitas

Nate Peters

**Attendees Signatures**

N/A

N/A

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**CONDUCTOR SIGNATURE**

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