

# TOOLBOX TALKS

## Staying Safe In Hot Weather

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*Toolbox Talks are intended to facilitate health and safety discussions on the job site. For additional Toolbox Talks, please visit SAFETY.CAT.COM™.*

### TOPIC: Staying Safe in Hot Weather

Heat stress can lead to heat exhaustion, heat stroke, or even death.

#### Symptoms

- Nausea
- Headache
- Weakness
- Vomiting
- Dizziness
- Breathing difficulty
- Chills
- Rapid heart beat

#### Treatment

- Never hesitate to rest
- Seek shade or air conditioning to cool down
- Increase fluid intake

#### Prevention

- Review first aid training or instruct employees in recognizing the signs, symptoms, and treatment for heat stress
- Know when temperatures and humidity reach hazardous levels, and communicate the dangers to all employees
- Always keep fluids on site and encourage consumption
- Watch employees for signs of heat stress

Discussion Date: \_\_\_\_\_

Employee Participants:

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