TOOLBOX TALKS

STAYING SAFE IN HOT WEATHER

Toolbox Talks are designed to promote safety discussions and best practices on the jobsite. To see more Toolbox Talks, please visit cat.com/toolboxtalks.

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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There are a lot of moving parts on the jobsite. To find a safety topic relevant to your operation, please visit cat.com/toolboxtalks.

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