TOOLBOX TALKS

HEAT EXHAUSTION OR STROKE

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

CAUSES

- High temperatures, humidity, direct exposure to sun and limited air movement
- Physical exertion, poor physical condition, certain medications, and low tolerance for hot workplaces

SYMPTOMS OF HEAT EXHAUSTION

- Headaches, dizziness, lightheadedness or fainting
- Weakness and moist skin
- Mood changes such as irritability or confusion
- Upset stomach or vomiting

SYMPTOMS OF HEAT STROKE

- Dry, hot skin with no sweating
- Mental confusion or loss of consciousness
- Seizures or convulsions

PREVENTION

- Know the symptoms and monitor yourself and your co-workers
- Block direct sunlight and other sources of heat
- Use cooling fans or air conditioning, and rest regularly
- Drink lots of water (about one cup every 15 minutes)
- Wear lightweight, light-colored, loose-fitting clothes
- Avoid alcohol, caffeinated drinks and heavy meals

TREATMENT

- Call 911 (or a local emergency number) immediately
- Move the worker to a cool, shaded area, and loosen or remove heavy clothing
- Provide cool drinking water
- Fan and mist the person with water

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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