

Toolbox Talks are intended to facilitate health and safety discussions. Find more Toolbox Talks on the [Occupational Safety web page](#).

General Information

Some workers spend a lot of time outside, especially during the summer when it can be both hot and humid. The sun's intense heat can cause potentially life-threatening illnesses. Heat related illnesses, while potentially deadly, are preventable.



Symptoms and Actions

- **Dehydration** – fatigue, thirst, dry mouth and low energy.
 - Move out of the sun.
 - Drink plenty of cool fluids (e.g. water or electrolyte drinks).
- **Heat exhaustion** – dizziness; excessive sweating; pale skin that is cool and clammy; a rapid, weak pulse; muscle cramps and nausea or vomiting.
 - Stay out of the heat and sun the rest of day.
 - Person should take a cool shower or bath.
 - Make sure that someone monitors symptoms.
 - Call a doctor if symptoms persist or increase.
- **Heat stroke** – headache; no sweating with red, hot, dry skin; rapid, strong pulse; and nausea or vomiting.
 - Seek medical attention immediately!
 - Cool down by spraying, sponging or showering with water.

Preventive Measures

- Dress appropriately:
 - Light-colored, lightweight, loose-fitting clothing (unless working around equipment with moving parts)
 - Head covering or hat
- Apply sunscreen.
- Acclimate to heat and humidity slowly over several days.
- Drink water and/or drinks with electrolytes every 15 minutes, even when not thirsty (before, during and after work).
- Adjust the timing of certain activities, if possible. Schedule strenuous work activities during cooler parts of the day, to reduce high heat exposure situations.
- Take breaks in the shade or a cool environment.
- Learn to recognize signs and symptoms of heat stress.

Discussion Date:

Supervisor:

Participants:

Source: <https://www.mayoclinic.org/>