integrity safety services

Weekly Safety Meeting

Heat Related Illness

Date: _____ Jobsite: _____

Discussion Leader:

_____

Attendance Sign- In:

_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____

Summary

Washington is known for its extremes. During summer months we can be exposed to heat exhaustion. Excessive heat causes accidents in many ways. It becomes more difficult to concentrate on the job, you sweat, you get tired and nervous, and begin making errors in judgment. When the temperature exceeds 90°, everyone needs to be aware of the danger signs.

Guide for Discussion

How to prevent heat exhaustion:

- Avoid consuming alcohol and ice water while working.
- Drink plenty of cool fluids; citrus or fruit juices work best.
- Avoid heavy, fatty-type foods.
- Wear light, loose clothing.
- Avoid fatigue; get plenty of rest.
- Replace lost body salts.
- See a doctor if you are not feeling well.

How to recognize heat exhaustion:

- A person is dazed, staggers or becomes dizzy.
- There is a feeling of nausea or vomiting; the person also can feel chilly.
- Their face looks pale.
- There is a weak pulse and body temperature is below normal.
- A person is lying out unconscious.

What to do:

- Call for emergency medical assistance. (Review "Care For The Injured")
- Keep the victims lying down with their head lower than their feet.
- Loosen the victim's clothing.
- Keep the victim warm. (Remember, one of the results is the person feels chilly.)
- Give fluids if possible. Avoid ice water and alcohol. Salt solutions are best.

Additional Discussion Notes:

_____
_____
_____
_____
_____

Remember

Both heat exhaustion and sunstroke are serious matters. In both cases, the body is reacting to a life threatening situation. Do not take chances. Should you begin to feel ill, take a break and drink some cool (not ice) water or something else other than an alcoholic beverage. Both injuries frequently cause a lack of consciousness; in our business, that can lead to a serious injury.

14300 NE 20th Ave Suite D-102 #280 Vancouver, WA 98686
office (360)574-6071 fax (360)574-3906
www.integritysafety.com