

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 80°, 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. (Between 35 and 77 degrees)
 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.
 Use a buddy system when above 90°

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 in a shaded or air-conditioned area
 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.

Nonbreathable clothes such as Tyvek	52°
All other clothing	80°

Air Temperature	Mandatory cool-down rest periods
At or above 90°F	10 minutes/ 2 hours
At or above 100°F	15 minutes/ 1 hour

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.