

# BALDWIN EHS CONSULTANTS

## Tool Box Talks

### HEAT STRESS

#### What is Heat Stress?

Heat stress occurs when your body can't cool off fast enough

#### Who's at Risk?

Anyone who works in hot or hot and humid environments

#### Heat Rash

- Heart increases blood flow near the skin's surface to cool the blood
- Body produces sweat that evaporates on the skin, producing a cooling effect
- Mild form of heat stress
- Appears as red bumps where tight clothing traps sweat
- Wash, dry and cool the affected area

#### Fatigue

- Generally tired feeling
- Occurs when you're not used to working in extreme heat
- Take a break in a cool shaded area and drink fluids

#### Heat Collapse

- Caused by reduced oxygen to the brain due to blood pooling in the extremities
- Fainting is a primary symptom
- Move victim to a cool shaded area
- Give fluids ONLY if conscious

#### Heat Cramps

- Caused by an imbalance of sodium (salt)
- Appears as painful cramps in arms, legs, or stomach
- Can be treated with commercially available electrolyte drinks (sport drinks)

#### Heat Exhaustion

- More severe form of heat stress
- Symptoms appear suddenly and may seem like heat collapse
- Blood vessels begin to collapse from lack of fluids

#### Symptoms

- Heavy sweating
- Headache
- Intense thirst from dehydration
- Weak and rapid pulse
- Nausea, dizziness or fainting

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- Weakness or clumsiness
- Cool moist skin – often clammy and pale

### **Treatment**

- Immediate treatment is critical since heat stroke can develop rapidly
- Move victim to cool shaded area. Give fluids **ONLY** if conscious
- Wet victim's clothes and spray skin with cool water
- Call for HELP

### **Heat Stroke**

- Deadly form of heat stress
- Caused when the body has used up all water and can no longer cool itself
- Body temperature of 105 degrees and above
- Absence of sweating in most cases
- Headache or dizziness
- Excessively hot, dry skin
- Rapid pulse
- Difficulty breathing
- Confusion and weakness
- Nausea and vomiting

### **Treatment for Heat Stroke**

- Seek emergency medical help IMMEDIATELY
- Remove victim's clothing and apply ice or cold packs to the body
- Give fluids if conscious
- Symptoms may look like a heart attack, so know how to properly spot heat stroke

### **Preventing Heat Stroke**

- Check with doctor before starting work
- Build up slowly – Your body needs to adjust
- Drink plenty of fluids – even if you're not thirsty (a cup every 20 minutes)
- Caffeine and alcohol dehydrate the body
- Loose fitting clothing made of breathable material (such as cotton)
- Use air conditioning and ventilation equipment