



Heat Stress Prevention Safety Meeting

Out of all the tasks and activities our workers perform, working in the heat is one of the most hazardous factors we face. Prevention is the key. If we do nothing, we are guaranteed to encounter many heat-related disorders, and these can be life threatening. Watch out for not only yourself, but those around you. It's the only way to "beat the heat". Please review the information below.

- Heat stress can result in fatigue, skin rashes, and decreased mental alertness that can be a contributor to poor judgment and accidents.
- Overexposure to heat can cause cramps, nausea, headache, fainting, and in extreme cases death. Heat stroke is a very serious medical condition where the body's temperature regulating system fails.
- Water is the best fluid to drink to prevent heat related disorders, but we must begin drinking water before the shift begins. Do not wait until you are thirsty to begin drinking water. Thirst is not an adequate stimulus to prevent dehydration. If you do use electrolyte drinks such as Gatorade, you should drink 2 cups of water for every 1 cup of other fluids. You should begin drinking before the shift begins, and drink at least one cup of water every 15 to 20 minutes.
- The use of caffeinated beverages, alcohol and some prescription drugs can greatly reduce your tolerance to heat related disorders.
- Heat related disorders can be serious, and prompt reporting to your supervisor is mandatory. Ignoring the signs and symptoms of heat related disorders can lead to death.
- Some of the signs of heat related disorders are rashes, cramps, dizziness, fainting, nausea and confusion. Never ignore any of these signs you experience or see in other workers.
- As summer approaches, plan your work so you can do the most physically demanding work early in the day when it is the coolest. Try to follow the shade, or erect screens to provide shade. The use of fans and umbrellas can greatly reduce the heat load on the body.
- It does not have to be hot outside for us to be susceptible to heat related disorders.
- Heat Stroke is a life threatening emergency. It occurs when the body's normal heat reducing systems shuts down, sweating stops, and the core body temperature rises dramatically. Call emergency services immediately if you suspect heat stroke.

Heat Stress Prevention Safety Meeting Test

Name: _____

Date: _____

1. Working in the heat is one of the most _____ factors we face.
 - a. common
 - b. beneficial
 - c. litigious
 - d. hazardous

2. Which of the following is NOT a factor that can be brought on by heat?
 - a. Rash
 - b. Fatigue
 - c. Decreased awareness
 - d. Higher endurance

3. The use of caffeinated beverages, alcohol and some prescription drugs can _____ your tolerance to heat related disorders.
 - a. enhance
 - b. greatly reduce
 - c. moderate reduce
 - d. eliminate

4. When working in the heat, try to _____.
 - a. do the hardest work early or late in the day
 - b. work at a consistent pace all through the day
 - c. drink as much caffeine as possible
 - d. stay out of cold areas during breaks

5. Heat Stroke is a _____.
 - a. recordable injury
 - b. non-job related event
 - c. personal medical condition
 - d. life threatening emergency

Heat Stress Prevention Safety Meeting Test Answer Key

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 - d. **hazardous**

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 - b. **greatly reduce**
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 - b. non-job related event
 - c. personal medical condition
 - d. **life threatening emergency**