

Things to Do Before Training

- In the index of the *Cal/OSHA Pocket Guide for the Construction Industry*, look up **Heat Stress** and read the pages listed.

Introduction

As you know, the temperature is high today and we need to think about how we can protect ourselves and our coworkers from heat stress. There are 2 types of heat stress that affect our health: heat exhaustion and heat stroke. Both are dangerous, but heat stroke is deadly.

The best way to prevent heat stress is to keep our bodies cool by drinking plenty of water and taking breaks to cool off when needed.

QUESTIONS TO ASK

- Have you or anyone you know experienced heat stress? What happened?
- What are the signs or symptoms of heat exhaustion?
- What are the signs or symptoms of heat stroke?
- What do we do when someone is suffering from heat stress?
- When do we take someone to the hospital for heat stroke?
- What can we do here to keep from overheating?

SAFETY  BREAK

ACTIONS TO TAKE

- Take a few minutes with the crew to go over what work is being done that day or that week. Plan to do the heaviest work in the early morning hours or late afternoon hours when it is coolest.
- Have workers pair off. Each worker in the pair has the responsibility of watching out for the partner and ensuring the partner drinks plenty of water and takes cool-off breaks.

Key Points to Keep in Mind

- Employers must protect employees from heat stress by:
- Providing cool, potable water
 - Providing frequent cool-down breaks
 - Timing the heaviest work load for the coolest part of the day
 - Encouraging workers to drink water and to cool down
 - Looking for signs and symptoms of heat stress (see table below)

Problem	Symptoms	Signs	Treatment
Heat Exhaustion	<ul style="list-style-type: none"> • Weakness • Tiredness • Blurred vision • Dizziness • Headache 	<ul style="list-style-type: none"> • High pulse rate • Extreme sweating • Pale face • Slight stumbling • Normal to slightly elevated temperature 	<ol style="list-style-type: none"> 1. Lay person down flat in a cool area 2. Loosen clothing 3. Give plenty of water to drink
Heat Stroke	<ul style="list-style-type: none"> • Chills • Restlessness • Irritability 	<ul style="list-style-type: none"> • Red face • Hot dry skin • Disorientation • High temperature (equal to or higher than 104 degrees) • Erratic behavior • Shivering • Collapse • Convulsions • Unconsciousness 	<ol style="list-style-type: none"> 1. Immediately start aggressive cooling of person 2. Take person to hospital