



## Preventing Heat Stress

Excess heat can place abnormal stress on your body. Hard work during high heat and humidity can cause heat cramps, heat exhaustion or heat stroke. These are your body's warning signs that your core temperature is rising. Heat stress can occur suddenly. It can also be dangerous, resulting in organ or brain damage.

The chart on the back of this page will help you identify and treat heat stress disorders.

### Tips to beat the heat:

- Drink plenty of water. On very hot days, try to drink a glass of water every hour.
- Wear loose, lightweight, light-colored clothes. Wear a shirt and a shade-producing hat if possible.
- Take frequent breaks in the shade.
- Remember that it takes 7-10 days for your body to get used to heat.
- Avoid eating hot, heavy meals. Instead, eat cool, light meals.
- Don't drink alcohol (even the night before) or caffeinated drinks. They can cause dehydration.
- Talk to your doctor about possible heat-related reactions from your medications.

### Discussion questions:

1. What damage can be done if you allow your core body temperature to rise to excessive levels as a result of heat stress?
2. What are the three (3) most common heat stress disorders?
3. What are common symptoms or body signals of heat stress?
4. What should you do when you have symptoms of heat stress?
5. What clothes should you wear, what food should you eat and what should you drink to beat the heat?

### Meeting note:

Employee comments/concerns: \_\_\_\_\_

Other safety issues to be addressed on the job/facility: \_\_\_\_\_

<b>Training record:</b>	Date: _____	Jobsite/Facility: _____	
	Trainer: _____	Title: _____	
Employee name (print)	/ (signature)	Employee name (print)	/ (signature)
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

(Continue recording signatures on a separate sheet of paper)  
 Employee Quiz is provided on last page. Answers are: 1 (c), 2. (b), 3. (a), 4. (a), 5. (b)



## Preventing Heat Stress

Excess heat can place abnormal stress on your body. Hard work during high heat and humidity can cause heat cramps, heat exhaustion or heat stroke. These are your body's warning signs that your core temperature is rising.

<b><i>Disorder</i></b>	<b><i>Symptoms</i></b>	<b><i>Treatment</i></b>
Heat Cramps	Muscle pain & spasms	Drink water Alternate between strenuous & easy jobs
Heat Exhaustion	Fatigue Nausea Headache Giddiness Clammy skin Red complexion Rapid heart rate Fainting	Move to cool area Drink water moderately <b>REST</b>
Heat Stroke	Hot, dry, red skin Blotchy skin Confusion Convulsions Loss of conscience	Immerse in cool water Wrap in wet cloth <b>Seek medical attention</b>



## Employee Quiz

### Topic: Preventing Heat Stress

Employee Name: \_\_\_\_\_

Circle the correct answer below.

- |  |   |
|--|---|
| <ol style="list-style-type: none"><li>1. It takes your body how many days to get used to heat:<ol style="list-style-type: none"><li>a. 3-4 Days</li><li>b. 5-6 Days</li><li>c. 7-10 Days</li><li>d. None of the above</li></ol></li><li>2. Is rapid heart rate a symptom of heat exhaustion?<ol style="list-style-type: none"><li>a. No</li><li>b. Yes</li></ol></li></ol> | <ol style="list-style-type: none"><li>3. On very hot days, can drinking a glass of water every hour help prevent heat stress?<ol style="list-style-type: none"><li>a. Yes</li><li>b. No</li></ol></li><li>4. Drinking alcohol or caffeinated drinks can cause dehydration.<ol style="list-style-type: none"><li>a. True</li><li>b. False</li></ol></li><li>5. Wearing tight, heavy, dark-colored clothes will help prevent heat stress.<ol style="list-style-type: none"><li>a. True</li><li>b. False</li></ol></li></ol> |
|--|---|

Training record:      Date: \_\_\_\_\_      Jobsite/Facility: \_\_\_\_\_  
Trainer: \_\_\_\_\_      Title: \_\_\_\_\_