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?
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.

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

Toolbox Talks safety information provided by Texas Mutual Insurance Company.
Employee Quiz
Topic: Preventing Heat Stress

Employee Name: ______________________________

Circle the correct answer below.

1. It takes your body how many days to get used to heat:
   a. 3-4 Days
   b. 5-6 Days
   c. 7-10 Days
   d. None of the above

2. Is rapid heart rate a symptom of heat exhaustion?
   a. No
   b. Yes

3. On very hot days, can drinking a glass of water every hour help prevent heat stress?
   a. Yes
   b. No

4. Drinking alcohol or caffeinated drinks can cause dehydration.
   a. True
   b. False

5. Wearing tight, heavy, dark-colored clothes will help prevent heat stress.
   a. True
   b. False

Training record:     Date: __________________________  Jobsite/Facility: ______________________________
                    Trainer: __________________________  Title: ______________________________