

Toolbox Talk



Safety is Our #1 Core Value. | #KeepSafetyOne

Heat-Related Hazards in the Workplace: Outdoors and Indoors

If you don't take the right precautions, heat, or heat and humidity, can be serious workplace hazards whether you are working outdoors or indoors. When the heat and humidity index is high, special precautions should be taken to lessen the effects of exposure. If you are new to working in the heat, take extra precautions particularly during the first week or two while your body acclimates to working in hot and/or humid conditions.

How you can plan for the heat:

- **Monitor** the heat index even when working inside.
- **Acclimate** to high temperatures gradually. New and returning workers need to build tolerance to the heat.
- **Drink** plenty of fluids (water and sports drinks) before you feel thirsty. Avoid diuretic beverages and drink a few ounces every 15-20 minutes.
- **Eat** smaller meals before work activity.
- **Wear** light colored, breathable clothing. Fabrics that wick moisture away from the skin helps keep your body cool and dry.
- **Cover** as much skin as possible when working outdoors. Wear long sleeved shirts and long pants.
- **Protect** your eyes by wearing UV-absorbent safety glasses.
- **Watch** for signs of heat illness for yourself and your coworkers.
- **Check** with your health care provider because certain medications and/or medical conditions can increase the risk of heat illness.
- **Take a break** if you feel you need one. Notify your client supervisor and sit down in a shaded or air-conditioned area and hydrate.

Types of Heat Stress: If you have any of these symptoms while working notify your client supervisor immediately.

- **Dehydration:** When your body loses water, you can't cool off fast enough. You may feel thirsty and weak.
- **Muscle cramps:** When dehydrated you may also have low salt levels, which can result in muscle cramps.
- **Heat Exhaustion:** You may feel tired, nauseous, headachy, dizzy or faint. Skin is damp and looks flushed.
- **Heat Stroke:** You may have hot, dry skin and a high temperature, or feel confused. You may have a throbbing headache. **Heat stroke can kill** unless you get emergency medical help.

What to do if:

You need additional or replacement PPE: Let your client supervisor know or contact your Tradesmen representative.

You are injured on the job: Tell your client supervisor and Tradesmen representative. You can also call the Tradesmen Nurse Triage Line 24/7 at 855-253-1895.

You observe unsafe jobsite behavior or working conditions: Talk with your client supervisor, your Tradesmen representative, call the Safety Hotline if it is not resolved 844-40B-SAFE.

I have read & understand the training provided. If I have any questions about the training I will notify my Tradesmen representative.

Employee Name: _____ Employee ID _____

Project: _____ Date: _____

You are not required to work in unsafe conditions and have the right to refuse working if you feel your work conditions are unsafe. Talk with your client supervisor, contact your Tradesmen representative, call the Tradesmen Safety Hotline 844-40B-SAFE.

Recommendations are advisory in nature, informational in content, and intended to assist employees in assessing the client job site and task at hand.