

# TOOLBOX SAFETY TRAINING

Company \_\_\_\_\_ Location \_\_\_\_\_ Date \_\_\_\_\_

## Vol 16 - No 22 HEAT RELATED ILLNESS

Injuries resulting from heat can occur wherever there is the potential for accumulation of heat such as by open furnaces, confined areas, or under direct sunlight. The following is a summary of the basic symptoms of heat-related injuries and how to treat an employee who may be suffering from these symptoms.

### HEAT STRESS

Symptoms	Increase heart rate Sweating Muscle Cramps
Treatment	Take short break Move to a cool or shaded area Drink fluids rich with electrolytes or water

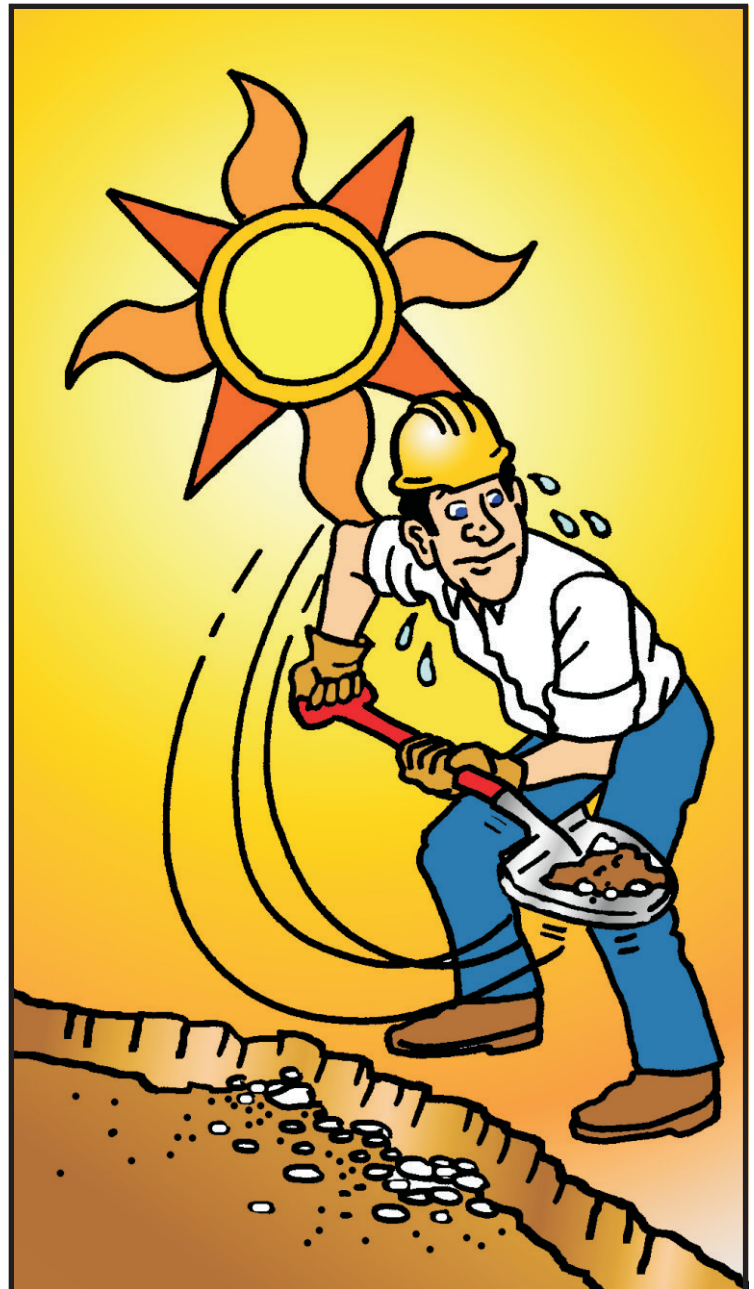
### HEAT EXHAUSTION

Symptoms	Excessive Sweating Excessive Fatigue Weakness Nausea Damp/Clammy Skin
Treatment	Move to a cool or shaded area Encourage victim to drink fluids rich with electrolytes or water Fan victim to increase cooling effect Loosen clothing If victim vomits or passes out get medical attention immediately (call 911)

### HEAT STROKE

Symptoms	Dry Hot Skin Red, blotchy skin Unconsciousness Extreme Fatigue
Treatment	Get medical attention immediately (call 911) Move victim to cool area Soak victim with cool water Fan victim to increase cooling

Heat related injuries are extremely serious and can even be fatal. However, by taking the proper steps such as providing short, frequent breaks, drinking plenty of fluids, and knowing your own limitations heat-related injuries can be prevented. In addition, by recognizing the symptoms when heat-related injuries occur and providing the proper treatment, you may save a fellow workers life.



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