Heat exhaustion toolbox talk

29 CFR 1926.51, 1926.50, 1926.21, 1910.151, 1926.20, 1904.35

Date _____ Trainer _____ Location _____

Opening question

How do you know when you or the person next to you has had too much heat?

Why it matters

Heat exhaustion can start quietly. A worker feels tired and sweaty, then dizzy and sick. If nobody acts, it can turn into heat stroke, which is an emergency. The good news is that heat exhaustion is preventable, and everyone on the crew can learn to spot it early.

Key points

1. **Know the signs of heat exhaustion**
   Common signs are heavy sweating, cool and clammy skin, weakness, dizziness, headache, nausea, muscle cramps and a fast pulse. A person may feel faint or very tired. Watch yourself and your coworkers, especially on hot days or after a break from heat.

2. **Know when it is heat stroke**
   Heat stroke is an emergency. Signs include confusion, slurred speech, fainting, seizures, hot and dry skin or a very high body temperature. If you see these, call emergency services right away and start cooling the person while you wait.

3. **Act fast on heat exhaustion**
   Move the person to a cool or shaded place. Loosen or remove extra clothing. Give small sips of cool water if they are awake and can swallow. Put cool, wet cloths on the skin and fan them. Do not leave them alone. If they do not feel better quickly, or get worse, call emergency services.

4. **Water, rest and shade**
   Drink water often, before you feel thirsty. In construction, an adequate supply of drinking water must be provided in all places of employment. Take breaks in the shade or a cool area. Wear light clothing and a hat.
   29 CFR 1926.51(a)(1)

5. **Ease into the heat**
   New workers and people coming back from time off are at higher risk. Build up to a full day of hot work over several days, with extra breaks. A buddy system works well. Check on each other during the shift and speak up if you feel off.

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6 **Have a first aid plan**

Know who is trained in first aid, where supplies are, and how to call for help from your worksite. Where no clinic or hospital is close enough, someone on site must be trained to give first aid.

29 CFR 1926.50(c)

Scenario

Picture this: It is a hot afternoon on a roofing job. A worker who started this week stops talking and is sweating heavily. His skin feels cool and damp, and he says he is dizzy and sick to his stomach. A coworker tells him to just finish the row. What should be done instead, and what would make you call for emergency help?

Crew discussion

1. What are the signs of heat exhaustion and heat stroke, and how are they different?
2. Where is our shade and drinking water on this site?
3. Who is trained in first aid today, and how do we call for help?
4. How can we make sure new workers are not pushed too hard in the heat?

Bottom line **Watch each other, drink water, rest in the shade, and call for help early if someone gets worse.**

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Sign-in sheet / Hoja de asistencia

Topic / Tema Heat exhaustion / Agotamiento por calor

Date / Fecha

Trainer / Instructor

Location / Lugar

Company / Empresa

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