Toolbox KITS

HEAT EXHAUSTION TRAINING

# Heat exhaustion training

Signs, first aid and prevention in hot weather

Based on the general training duty and the rules in 29 CFR 1926.51, 29 CFR 1926.50 and 29 CFR 1910.151

About 35 minutes, with a 10-question quiz

30 slides | About 35 minutes | 10-question quiz

English + Spanish



SAMPLE

ToolboxKits by ALC Media LLC. Not affiliated with OSHA or the U.S. Department of Labor. Not legal advice.

MODULE 1

# The hazard: heat can build quietly

| | | |
|---|---|---|
| **What makes heat risky** | → | Who is at higher risk |
| **Hot weather and direct sun** | → | New workers |
| **Hard work with little rest** | → | People returning from time off |
| **Heavy or dark clothing and PPE** | → | Anyone who is tired or sick |
| **Not drinking enough water** | → | Anyone who skipped water or food |

SAMPLE

Toolbox KITS

Crew handout

# Heat exhaustion: spot it, cool it, call for help

29 CFR 1926.21, 1926.51, 1926.50, 1910.151, 1904.35

## Do

- Drink water often, before you feel thirsty
- Take breaks in shade or a cool area
- Wear light clothing and a hat
- Watch yourself and your coworkers for signs
- Move a sick person to shade, loosen clothing, give sips of water, use cool wet cloths and fan
- Stay with the person
- Call emergency services if they get worse or show signs of heat stroke
- Ease new and returning workers into the heat

## Don't

- Do not wait until you are thirsty to drink
- Do not tell a dizzy coworker to finish the task
- Do not leave a sick person alone
- Do not give anything to drink to someone who is unconscious
- Do not skip reporting heat illness

SAMPLE

**Remember** **If a coworker is confused or stops sweating, call emergency services right away.**

ToolboxKits by ALC Media LLC. Not affiliated with OSHA or the U.S. Department of Labor. Not legal advice.