Toolbox KITS

HEAT STRESS: WORKING SAFELY IN HOT WEATHER

Heat stress: working safely in hot weather

29 CFR 1926.21, 1926.50, 1926.51, 1910.141, 1910.151

About 40 minutes, with a 10-question quiz

34 slides | About 40 minutes | 10-question quiz | English + Spanish



SAMPLE

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What raises the risk

On the job:	→	The worker:
Hot, humid air with no breeze	→	New, or back from time off
Direct sun or heat from equipment	→	Not drinking enough water
Heavy work at a fast pace	→	Illness, poor sleep or alcohol the night before
PPE, coveralls and heavy clothing	→	On some medicines (ask your doctor)

SAMPLE

Toolbox KITS

Crew handout

Heat stress: stay safe in hot weather

29 CFR 1926.21, 1926.51, 1910.141, 1926.50

Do

- Drink water often, a little at a time, before you feel thirsty
- Take breaks in the shade or a cool area, and more as it gets hotter
- Start slow if you are new or back from time off
- Wear light, loose clothing when your PPE allows it
- Check on your buddy: ask how they feel and watch how they act
- Know where the water, shade and first aid kit are
- Know the site location and who calls 911

Don't

- Don't wait for lunch, or for thirst, to drink water
- Don't skip breaks to finish a job
- Don't share a drinking cup or dip into the water cooler
- Don't ignore a headache, dizziness or nausea
- Don't leave a sick worker alone or let them drive

SAMPLE

Remember **Confusion or slurred speech in the heat can mean heat stroke. Call 911 and start cooling right away.**

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