



Weekly Safety Meetings

Safety Training for the Construction Industry

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Premium Membership

COMPANY NAME: _____

Library 26-27

Hot Weather Safety

Summer is here again; you will be exposed to hot and humid conditions. Hot weather and high humidity can spell disaster. When humidity is high and the body is unable to cool itself sufficiently through sweating, serious heat stress may occur. Because your job is physically demanding, exposure to these conditions elevates your risk for heat stress. This illness can affect your alertness and physical strength, and can cause fatigue and reduced mental capacity. More serious cases can lead to heat cramps, heat exhaustion, and heat stroke.

To protect yourself from heat illness, remember the following:

- Perform the heaviest work during the coolest part of the day—usually the early morning.
- Take time to slowly adjust your body to the heat to build up a tolerance for it.
- Keep your body hydrated. Drink plenty of fluids such as cool water and sports drinks with electrolytes.
- Avoid drinking coffee, tea, and carbonated drinks. They actually increase dehydration.
- Wear light-colored, loose-fitting, cotton clothing.
- Take frequent breaks in cool shaded areas.
- Avoid eating large amounts of food or heavy meals before working in hot environments.

Learn to recognize the signs and symptoms of heat-related illnesses:

- Signs of *heat cramps* include spasms and cramps in your muscles due to excessive loss of salts through sweating. If this occurs, you should stop, take a break, and replace your body's electrolytes with a drink like Gatorade®.
- Symptoms of *heat exhaustion* include headaches, dizziness, light-headedness, weakness, dry mouth, nausea, rapid breathing, and pale clammy skin. If you experience these symptoms, immediately move to a cool, shaded area to rest. Loosen or remove clothing, and drink some water. If you don't feel better in a few minutes, call 911.
- When *heat stroke* occurs, your body is no longer capable of cooling itself. This is a serious medical emergency. Symptoms include pale or red skin, lack of sweating, confusion, irritability, seizures, and loss of consciousness. Call for emergency medical help immediately. Move the victim to a cool shaded area. Remove any heavy outer clothing and try to keep the person cool.

Never ignore the symptoms of heat-related illness. Tell someone immediately, stop what you're doing, and cool off.

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SAFETY REMINDER
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Even getting a good tan may increase your risk of skin cancer.

Protect your skin from the sun with clothing or sun block.

NOTES:

SPECIAL TOPICS /EMPLOYEE SAFETY RECOMMENDATIONS/NOTES:

S.A.F.E. CARDS® PLANNED FOR THIS WEEK:

REVIEWED SDS # _____ SUBJECT: _____

MEETING DOCUMENTATION:

JOB NAME: _____

MEETING DATE: _____

SUPERVISOR: _____

ATTENDEES: _____

These instructions do not supersede local, state, or federal regulations.