



Weekly Safety Meetings

Safety Training for the Construction Industry

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Premium Membership

COMPANY NAME: _____

Library 28-26

Stay Cool When It's Hot

It sure has gotten hot out here! With the onset of hot weather, we must make sure that exposure to heat doesn't compromise our health and safety. Anyone can become vulnerable to the stresses of severe summer heat, but because so much construction work takes place outside, we're more vulnerable than most. We need to keep a cool head about hot weather safety.

The Centers for Disease Control and Prevention report that from 1979 to 1999, excessive heat exposure caused 8,015 deaths in the United States. That means that during this 20-year period, more people died from extreme heat than from hurricanes, lightning, tornadoes, floods, and earthquakes combined. Weather conditions are out of our control, but we can take precautions to prevent heat-related illnesses and deaths during these hot summer months. All we need to do is learn to protect ourselves and learn to recognize the signs of heat illness.

Reduce your risk of suffering heat-related illnesses by protecting your body on the inside and the outside:

- **Wear** lightweight, light-colored, loose-fitting clothing.
- **Prevent** sunburn by applying sunscreen with a high sun protection factor (SPF).
- **Eat** regular, well-balanced meals and avoid heavy foods in the heat of the day.

- **Drink** plenty of fluids to keep your body hydrated; water and electrolyte replacement drinks are best.
- **Avoid** caffeinated drinks and alcohol.

The most severe heat-induced illnesses are heat exhaustion and heat stroke. If you or your co-workers don't take action to treat heat exhaustion, the illness could progress to heat stroke and possibly death. Symptoms of heat exhaustion include headaches, dizziness, weakness, nausea, vomiting, and pale, clammy skin. If your co-worker shows these symptoms, move the victim to a cool, shaded area. Loosen and remove clothing. Try to cool the person by fanning, spraying the skin with a mist of water, or wiping the skin with a wet cloth. If the person doesn't feel better, call 9-1-1. Symptoms of heat stroke include hot, dry skin, changes in skin color, strange behavior, seizures or fits, and loss of consciousness. Call 9-1-1 immediately if a co-worker has any of these symptoms. While help is on the way, move the person to a cool, shaded area, then cool the victim's body by placing ice packs under the armpits and in the groin.

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SAFETY REMINDER
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Try to do the heaviest work during the coolest part of the day, and remember to take frequent breaks.

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.