



Weekly Safety Meetings

Safety Training for the Construction Industry

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Premium Membership

COMPANY NAME: _____

Library 29-25

Staying Cool in Hot Weather

Have you checked the temperature lately? It's hot, but construction work continues in spite of hot and humid weather. Because you're exposed to high temperatures during the summer months, you must be aware of the added hazards to your safety and health.

Hot Temperatures and Safety: Working in the heat involves more than just being uncomfortable. As temperatures rise, so does the frequency of accidents. If your hands are sweaty, or if your safety glasses fog up, accidents are more likely to happen. Also, when you are continuously exposed to heat, your mental alertness and physical abilities decrease. The physical discomfort you feel in the heat could make you more likely to take shortcuts or overlook the dangers of hazardous tasks.

Heat-Related Illnesses: Heat stroke is the most serious heat-related illness because it can be fatal if not treated quickly and properly. It occurs when your body temperature rises, but your body doesn't perspire to reduce its temperature. Internal organs shut down because of excessive heat. Signs of heat stroke include confusion, delirium, loss of consciousness, and a body temperature of 105°F or higher. The victim's skin is usually hot, dry, and red or blotchy. Medical help is needed immediately. While waiting, remove the victim to a cool area, soak all clothing with cool water, and fan the body to improve cooling.

Heat exhaustion is a mild form of heat illness caused by excessive sweating without adequate replacement of fluids and salts. Symptoms include extreme weakness, fatigue, nausea, or headache; along with clammy skin and a pale or flushed complexion. Have the victim rest in a cool place, loosen clothing, and drink fluids slowly. Severe cases require professional medical attention.

Preventing Illness and Preserving Safety: Prevent safety and health hazards by allowing your body to adjust to the heat. It takes 5 to 7 days for your body to adapt so the heat will be more endurable. Adequate sleep and good nutrition also help maintain a high level of heat tolerance.

Slow down, take frequent breaks in cool rest areas, and try to save strenuous activities for the coolest part of the day. Minimize heat in your work area by opening windows, using fans, or working in ventilated areas.

In one day, a worker exposed to the heat can produce 2 to 3 gallons of sweat. It's important that you drink as much water as you're losing through perspiration. Don't use thirst as an indication of when to drink. Replenish fluids often.

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SAFETY REMINDER
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You have to keep a cool head to work safely in hot weather. Remember to wear sunscreen as well as adequate protective clothing.

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.