14.30 | Weather
MEETING DOCUMENTATION

MEETING DATE:

TIME / SHIFT:

LOCATION:

CONDUCTED BY:

ATTENDEES:

SAFETY REMINDER

Don't drink alcohol before you work in the heat. Alcohol will reduce your heat tolerance and increase your risk for developing heat-related illnesses.

Working in the Heat

Getting over heated at work can reduce your productivity and it can increase the chances of accidents, injuries, and illnesses. The shop floor can get hot. When it's hot and the work is hard, you can develop heat-related illnesses that can cause rashes, cramps, exhaustion, fainting, disorientation, and even death. Working in the heat also increases the general risk of injury. Sweaty palms can cause a tool to slip. Fogged-up safety glasses impair your vision. When you feel dizzy, you don't think clearly and you can't react to danger quickly.

Here are some guidelines to help you stay cool when the heat is on:

- Wear light-colored, loose-fitting, breathable clothing like cotton when you work in hot environments. Don't wear non-breathable synthetics.
- Isolate sources of radiant heat, like ovens and furnaces. Consider increasing the distance between your work area and the heat source. You may be able to put shields or barriers between you and the source that reflect or absorb the heat. Perhaps the equipment or process that is producing the heat can be changed.
- Decrease your exposure by limiting the amount of time you spend in hot environments. Give yourself time to recover and cool down by taking frequent, short breaks in a cool area.
- Use tools and equipment—like material handling devices—to make your job easier. Don't be too proud to ask for help from a co-worker when you need a hand.
- Let your body adapt to the heat. When you start a job in a hot environment, it takes time—days or even weeks—for your body to get used to the heat. Be sure to take it easy at first. Gradually build up your tolerance for working in the heat.
- Learn the early signs and symptoms of heat-related illnesses. You should look for dizziness, weakness, stumbling, irritability, disorientation, changes in skin color, sweating a lot (or worse, not sweating at all), or even a general feeling of being sick. Use a buddy system so you and your co-workers watch out for each other. Let your supervisor know right away if a co-worker looks like he or she needs to cool down.
- Stay hydrated. Sip cool water—not coffee, soda, or energy drinks—throughout your shift, about a cup every 15 to 20 minutes.

Beat the heat before the heat beats you!

Notes

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P.O. Box 700 • Frankfort, IL 60423 • Ph: 888-665-3836 • Fx: 815-464-0015 • www.safetymeetingoutlines.com
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