

Safety Talk: Working in Hot Weather

Background Info

This talk can be used by industry or construction supervisors to explain to workers what they need to know when working in hot weather. For more information see:

http://osha.gov/pls/oshaweb/owadisp.show_document?p_table=NEWS_REL EASES&p_id=18131

OSHA Requirements

- OSHA advises workers to take preventive measures such as reducing physical exertion and wearing light, loose-fitting clothing.
 - OSHA requires employers to provide workers with cool, clean water.
 - OSHA suggests regular rest periods in a cool recovery area.
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Heat Induced Health Issues

Heat Stroke:

- Causes the body to break down under heat stress and stop sweating.
- Victim's skin is hot, dry and usually red or spotted.
- Victim may be confused, convulsing, or unconscious.
- Take the victim to a cooler area, soak their clothing with cool water and get immediate professional medical attention.

Heat Exhaustion:

- Caused by the loss of fluid in sweating.
 - Victim still sweats, but also experiences extreme fatigue, nausea or headache.
 - Have the victim rest in a cool place and give plenty of fluids.
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Basic Safety Rules

Here is a list of recommended practices. Be sure to add any others required by your company.

- Works smart with the fewest steps possible.
 - Watch out for heat stress in your fellow workers.
 - Take breaks when necessary.
Know where to go to cool off on the job.
 - Drink plenty of water and take breaks.
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Safety Talk: Working in Hot Weather, Continued

**What's
Going On
Here?**

<p>Relative Humidity</p> <p>Temperature</p> <p>70% — 100°F / 37.8°C</p> <p>60% — 95°F / 35°C</p> <p>50% — 90°F / 32.2°C</p> <p>40% — 85°F / 29.4°C</p> <p>30% — 80°F / 26.7°C</p> <p> ■ Danger ■ Caution ■ Less Hazardous </p> <p>Source: Federal Aviation Administration</p>	<p>Source: growingproduce.com</p>
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**Yes, I Was
Listening**

Sign below if you can tell everyone on this worksite:

- 1) What are the health problems associated with working in the heat,
- 2) What are their symptoms, and
- 3) About the basic safety rules for working in the heat:

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