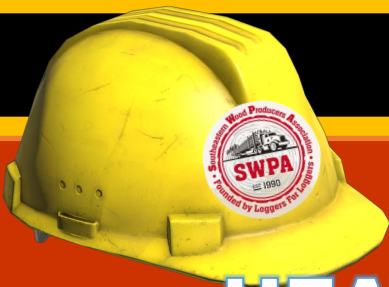


ToolBox Talks from the SWPA Safety Committee



HEAT EXHAUSTION

- Dizziness or Fainting
- Heavy Sweating
- Cool, Pale, Clammy Skin
- Nausea or Vomiting
- Rapid, Weak Pulse
- Muscle Cramps
- Tiredness or Weakness

TREATMENT OPTIONS

- Get to an Air Conditioned Area
- Drink Water—Loosen Clothes
- Use Cool Compresses

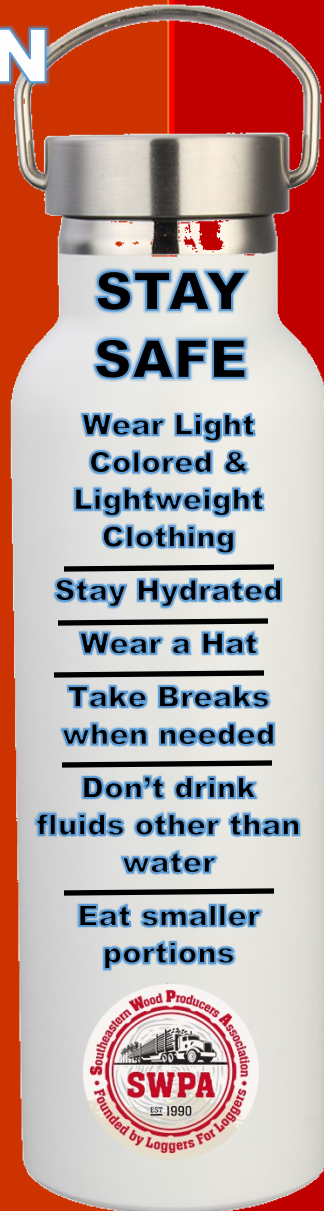


HEAT STROKE

- High Temperature 103° or higher
- Sweating Stops
- Hot, Red, Dry Skin
- Headache
- Dizziness
- Confusion
- Loss of Consciousness

CALL 9-1-1

**IMMEDIATELY
Reduce Temperature Until
Help Arrives**



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BATES HEWETT & FLOYD
RISK & INSURANCE

Toolbox Talks are provided as a courtesy to SWPA members. Please remember they are to assist you in developing a safety plan. Keep in mind OSHA, Department of Labor and Insurance requirements may change over time and it is your responsibility to make sure your safety plan is up to date. Reference: OSHA, CDC, Safetystage, NSC.



