ToolBox Talks from the SWPA Safety Committee

HEAT EXHAUSTION

- → Dizziness or Fainting
- → Heavy Sweating
- \rightarrow Cool, Pale, Clammy Skin
- \rightarrow Naseau or Vomiting
- → Rapid, Weak Pulse
- \rightarrow Muscle Cramps
- \rightarrow Tiredness or Weakness

TREATMENT OPTIONS

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

SWPA SAFETY

COMMITTEE

STAY SAFE

Wear Light Colored & Lightweight Clothing

Stay Hydrated

Take Breaks

Don't drink fluids other than water

> Eat smaller portions



HEAT STROKE

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

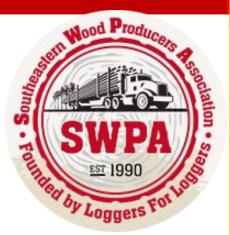
CALL 9-1-1

IMMEDIATELY Reduce Temperature Until Help Arrives

Sponsored by: SWPA SAFETY COMMITTEE &



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.



SAFETY MEETING SIGN-IN SHEET

TOPIC:_____

DATE:_____

LOCATION:_____TRAINER:_____

PRINT NAME	SIGNATURE

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