# TOOLBOX TALK

Heat Stress

| Topic | Heat Stress | Attendees | 0 |
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## WHAT WE TALKED ABOUT

Hot weather and hard physical work can push your body past what it can cope with. Heat illness can go from feeling a bit off to heat stroke, which can kill, very quickly. We look out for ourselves and each other on hot days.

1. Drink water often, about 200 ml every 15 to 20 minutes, even when you are not thirsty. Your employer must provide cool drinking water free of charge.
2. Dark urine is a sign you need more water.
3. Check the heat on the day, not just the temperature. Humidity, direct sun, no breeze and hot surfaces like roofs and slabs all make it worse.
4. Heat exhaustion signs: heavy sweating, headache, dizziness, nausea, cramps and weakness. Stop, rest in the shade, cool down and drink water.
5. Heat stroke signs: confusion, slurred speech, hot skin, collapse or fitting. This is an emergency. Call 000 and cool them down straight away.
6. Cool someone down fast: move them to shade, take off extra clothing, soak them with cool water and fan them, and put ice packs in the armpits and groin. Do not leave them alone.
7. Never send someone who feels unwell in the heat to sit in a hot car or walk off alone. Heat illness can get worse quickly.
8. Do heavy work early in the day and take more breaks in the shade as the heat builds.
9. New workers and people back from leave need time to get used to the heat. Build up their workload over the first week or two.
10. Wear light coloured, loose, breathable clothing. Use cooling vests or neck wraps if available.
11. Alcohol the night before and energy drinks on the day make heat illness more likely. So do some medicines, so tell your supervisor if you are on any.
12. Use a buddy system. People with heat illness often do not notice how bad they are.
13. If you feel unwell, stop and say so. Nobody will be sent back to work until they have cooled down and recovered.

## QUESTIONS FOR THE CREW

1. Where is the shade and cool water on this site?
2. What are the early signs of heat exhaustion?
3. What would you do if a workmate became confused in the heat?
4. Which jobs today should we move to the cooler part of the day?
5. Who on the crew is new or just back from leave and needs time to get used to the heat?

## RUN BY

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| **Presenter** | | | | |

## ATTENDANCE

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Keep this record with your site safety file.