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**Tool Box Safety Talk # 28 07-07-2024.**

**Topic: Heat Exhaustion vs Heat Stroke**

* **Heat Exhaustion** is a warning that the body’s heat control mechanism has become overworked. Heat exhaustion may lead to heat stroke if symptoms are ignored.
* **Heat Stroke** can be fatal. This happens when the heat loss mechanism of the body just shuts down. A person suffering from heat stroke needs immediate emergency medical attention. Possibly LIFE THREATHING

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| **Heat Exhaustion Symptoms** |  | **Heat Stroke Symptoms** |
| General weakness |  | Elevated body temperature above 103F (39.4C) |
| Increased heavy sweating |  | Rapid and strong pulse or heart rate |
| A weak but faster pulse or heart rate |  | Loss or change of consciousness |
| Nausea or vomiting |  | Hot, red, dry, or moist skin |
| Possible fainting |  |  |
| Pale, cold, clammy skin |  |  |

In general, the human body cools itself by producing sweat. Sweat evaporating from the skin keeps the body cool. Higher humidity, limited air movement, and wearing protective equipment can reduce evaporation. Less evaporation means less cooling. Frequent intake of liquids is necessary to prevent dehydration through loss of sweat. Plenty of cool (50˚F-60˚F) water or other cool liquids (except beverages with alcohol or high caffeine levels) should be available. Drink small amounts frequently for example, one cup every 20 minutes.

If you are experiencing heat exhaustion for an extended period of time, it can lead to heat stroke. Heat stroke can come on quickly if it is very hot or you are overexerting yourself. That’s why it’s important to begin treatment at the first signs of heat exhaustion.

**REMEMBER!! IF YOU SUSPECT HEAT STROKE DUE TO BRIGHT RED, HOT SKIN AND NO SWEAT, CALL FOR EMERGENCY MEDICAL HELP.**

Safety Recommendations: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Job Specific Topics: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

S.D.S Reviewed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**TRAINING ROSTER**

COMPANY: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ JOBSITE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

## SUPERVISOR: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DATE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**# 28 Heat Exhaustion vs Heat Stroke 07-07-2024.**

**ADDITIONAL TOPICS COVERED: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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