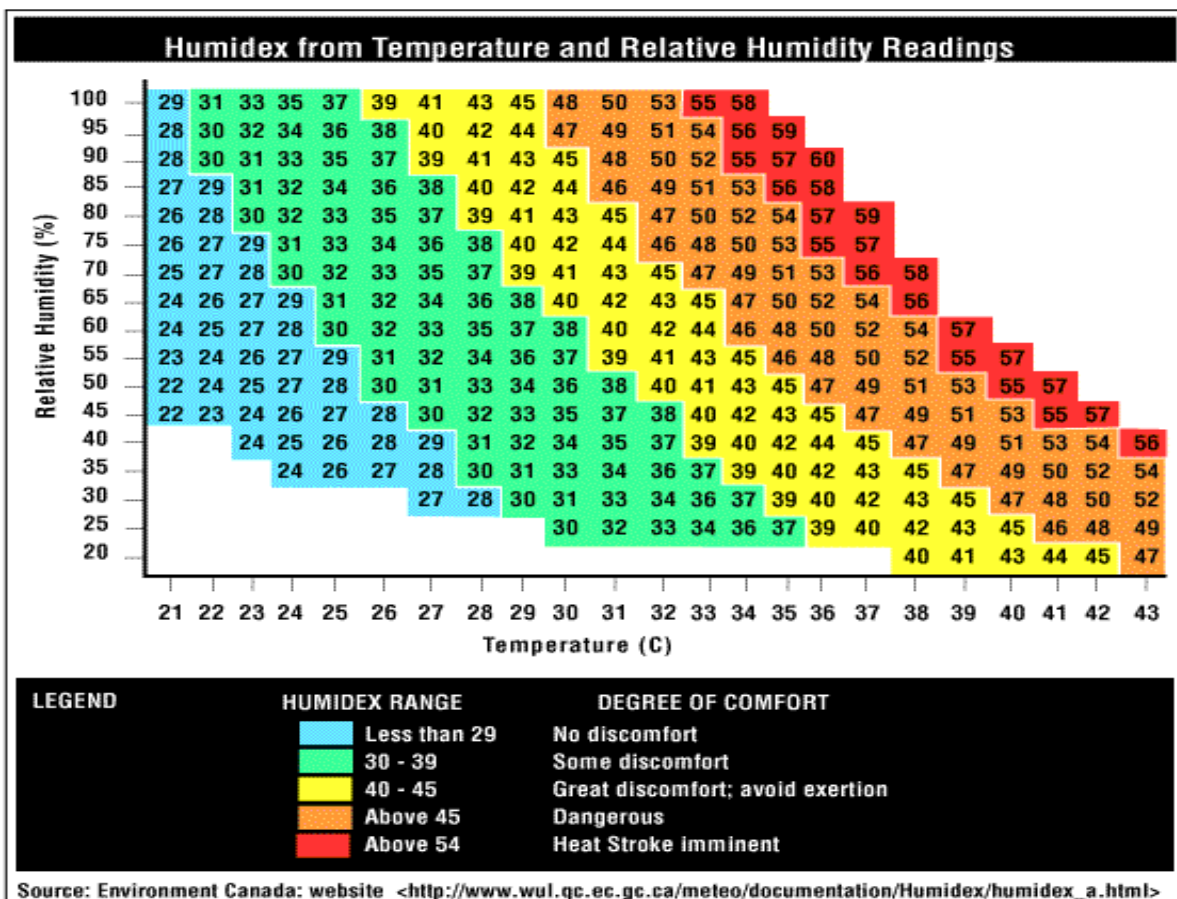
	<h2>Preventing Heat Stress</h2>	Date:
	<b>TOOLBOX / TAILGATE TALK</b>	Presenter:

Factors that may contribute to heat-related health problems at work include:

- Inadequate cooling off or rest periods
- Insufficient water consumption
- Climatic conditions (such as low air movement, high humidity levels and high air temperature)
- Inappropriate clothing
- Individual factors that may cause dehydration (such as poor diet, vomiting, diarrhea or alcohol and caffeine consumption)
- Individual medical conditions that may cause heat stress (such as heart problems, diabetes or hypertension)
- Individual medication that may affect the body's temperature regulation
- An individual's age, general physical fitness and weight



**WHAT TO DO:**

- Implement a more frequent break/work cycle
- Make water easily accessible
- Drink cool water in small amounts - 1 cup every 20 minutes even when you do not feel thirsty

- Schedule heavy work for cooler part of the day
- Rest in cool spot during breaks where possible (shade, air conditioned vehicle)
- Rotate workers through the hot, heavy demanding jobs if possible
- Turn off heat radiating machinery when not in use (trucks too)
- Avoid eating heavy meals before working in the heat
- Ask workers how they're doing - pay special attention to those with medical conditions
- Train Coworker & First Aiders to watch for signs

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