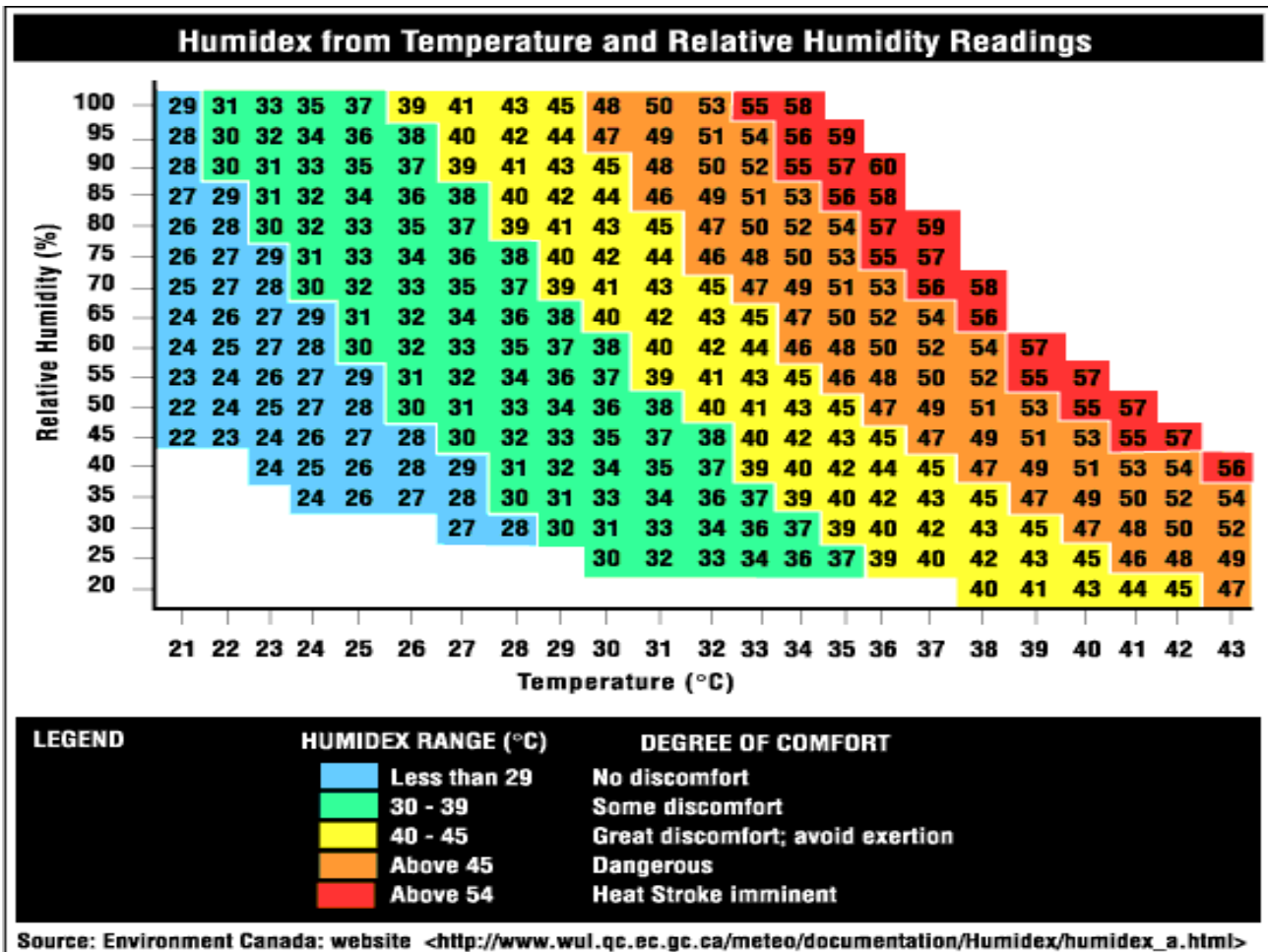
	HEAT STRESS PREVENTION	Date:
	TOOLBOX / TAILGATE TALK	Presenter:

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**
- **Rest in cool spot during breaks where possible (shade**
- **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 First Aiders to watch for signs**

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