








Be Prepared for Hot Weather - 06/17/24 - 06/22/24

The forecasted temperatures this week will put ourselves at risk for heat stress and heat stroke. Monday and Tuesday look to be the hottest with temperatures in the mid to upper 90's, then not much of a break to end the week as the high temps remain in the low 90's. Use the following information to assist you as the week progresses, and if needed, please refer to Section 17 in our Safety Manual which specifically talks about Heat Illness Prevention. Be smart this week, do not put ourselves in a position to fail!!

Mon 6/17		97° 77°
Tue 6/18		95° 73°
Wed 6/19		92° 71°
Thu 6/20		93° 70°
Fri 6/21		90° 72°

HYDRATE- Before, during and after work activities. Water and electrolytes (More water). Energy drinks should be avoided.

COOLING BREAKS- Have a plan for incorporating breaks during the work day. This could be as simple as a shaded area on the jobsite.

NUTRITION- Our bodies need nutrients to help combat overheating. Eat sensibly to provide those nutrients

KNOW THE SIGNS- Familiarize yourself with the symptoms of heat stress and heat stroke and know the differences. It is imperative that we know what to look for and how to react to heat stress and heat stroke. Heat stress can be attended too on the site with help from coworkers getting the affected person to a cool area, use cooling methods to bring down body temperature and provide plenty of water. Heat stroke is an emergency situation and we need to call professionals immediately. Call 911 or the plant emergency number for the specific plant you are working in. We all know each other well, be aware of the symptoms of both heat stress and heat stroke. In either case, that person will not be acting like him/herself. See the attached chart and share the different signs, even print copies if possible and make available for everyone to have.





Illness	Symptoms	First Aid*
Heat stroke	<ul style="list-style-type: none"> ▪ Confusion ▪ Fainting ▪ Seizures ▪ Excessive sweating or red, hot, dry skin ▪ Remarkably high body temperature 	<ul style="list-style-type: none"> ▪ Call 911 <p style="text-align: center;">While waiting for help:</p> <ul style="list-style-type: none"> ▪ Place worker in shady, cool area ▪ Loosen clothing, remove outer clothing. ▪ Fan air on worker; cold packs in armpits ▪ Wet worker with cool water; apply ice packs, cool compresses, or ice if available. ▪ Provide fluids (preferably water) as soon as possible. ▪ Stay with worker until help arrives
Heat exhaustion	<ul style="list-style-type: none"> ▪ Cool, moist skin ▪ Heavy sweating ▪ Headache ▪ Nausea or vomiting ▪ Dizziness ▪ Light headedness ▪ Weakness ▪ Thirst ▪ Irritability ▪ Fast heartbeat 	<ul style="list-style-type: none"> ▪ Have workers sit or lie down in a cool, shady area? ▪ Give worker plenty of water or other cool beverages to drink. ▪ Cool worker with cold compresses/ice packs ▪ Take to clinic or emergency room for medical evaluation or treatment if signs or symptoms worsen or do not improve within 60 minutes. ▪ Do not return to work that day
Heat cramps	<ul style="list-style-type: none"> ▪ Muscle spasms ▪ Pain ▪ Usually in abdomen, arms, or legs 	<ul style="list-style-type: none"> ▪ Have workers rest in shady, cool areas. ▪ Workers should drink water or other cool beverages. ▪ Wait a few hours before allowing workers to return to strenuous work. ▪ Have worker seek medical attention if cramps do not go away
Heat rash	<ul style="list-style-type: none"> ▪ Clusters of red bumps on skin ▪ Often appears on neck, upper chest, folds of skin 	<ul style="list-style-type: none"> ▪ Try to work in a cooler, less humid environment when possible. ▪ Keep the affected area dry
<p>* Remember, if you are not a medical professional; use this information as a guide only to help workers in need.</p>		





SAFETY MEETING SIGN-IN

Date _____ Topic Be Prepared for Hot Weather

Location _____

Trainer _____

Start Time _____ End Time _____

Print Name	Signature	Print Name	Signature

Signature of Trainer: _____

SCAN	SAFETY/TOOLBOX TALKS/TRAINING/MMDDYY TRAINING CERTIFICATION
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