



Hot Temperatures – Week of: Date 08/25/24 - 08/31/24

It will be hot this week! We will need to prepare our days to allow for the additional stresses heat puts on our bodies.

A more detailed plan and information, including temperature charts, dehydration charts, and how to read, and act to overheating and heat stroke, can be found in the Brieser 2024 Safety Manual in Section 17, Heat Illness Prevention. Please review and utilize the information found in there.

Our bodies are accustomed to these cooler temperatures we have worked in for the past 6 or 7 months now, and even though we have seen short respites from the cooler temperatures and have seen a couple 80-degree days, we will not be prepared for the warmup that is right around the corner. Here are some quick tips on how you can prepare yourself and help your body acclimate to the changing weather:

- *Hydrate- Water, water, water. Drink plenty of fluids, even starting the day or night before you know it will be warm and you will be perspiring. Electrolytes will work as well, in association with the water. Try to avoid energy drinks, too much caffeine and sugar in those.
- *Plan your work and activities. Schedule breaks, have water available, discuss staying cool and hydrated with your crews before starting. Possibly plan more physical activities for a cooler day.
- *Monitor yourself and each other. Stop and take a break, sit in a cool, shady spot, drink water, or whatever you need to do if you feel you are tiring or overheating. Look out for your coworkers, note any changes in their behavior and communicate with them if needed.

These are just a few things we can do to help our bodies and each other prepare and become accustomed to the warmer weather for the next few months.





SAFETY MEETING SIGN-IN

Date _____ Topic _____
 Location _____
 Trainer _____
 Start Time _____ End Time _____

Print Name	Signature

Signature of Trainer: _____

SCAN	SAFETY/TOOLBOX TALKS/TRAINING/MMDDYY TRAINING CERTIFICATION
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This form can be found: \Safety\Safety\Training\Toolbox Talks\Toolbox Talk – Warm Weather Preparation – 5/8/2023