

Hot Weather Safety



Review the following hot weather safety tips with your employees.

Toolbox Tips

RECOGNIZING HEAT ILLNESSES

- High body temperature and rapid pulse.
- Profuse or no sweating.
- Seizure and unconsciousness.

SUN OVEREXPOSURE PROTECTION

- Wear long-sleeved, loose fit clothing.
- Use sunscreen with SPF of 30 or more.
- Wear a hat that protects the ears and neck.
- Wear sunglasses or safety glasses that protect your eyes against UVA and UVB radiation.

HEAT EXPOSURE RADIATION

- Drink small amounts of water frequently. Avoid alcohol, sugar and caffeine drinks.
- Eat small and light meals.
- Work in the shade as much as possible.

FIRST AID MEASURES

- Dial 911.
- Remove the victim from the hot environment.
- Remove the victim's extra or loose clothing.
- Provide him/her with small sips of water.
- Cool his/her face, arm pits and neck with a damp towel.
- Monitor breathing, elevate his/her legs and calm the victim.

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