



AmTrust North America
An AmTrust Financial Company

Safety Zone

Safety Talk: Heat Stress Prevention

PREPARING FOR THE SAFETY TALK

Prior to the meeting conduct the following activities:

1. Review the attached Topic Page and become familiar with its content.
2. Make notes about how this relates to your operation or workplace.
3. Review the written Heat Exposure Procedures and know who is at risk for exposures.
4. Know how to properly treat the different types of heat exposure.
5. Know where medical response areas are when onsite and offsite.

RUNNING THE MEETING

1. Hand out the Topic Page and give everyone enough time to read it.
2. Review the material in your own words and relate it to your operations.
3. Conduct the following exercises and ask questions to get employees involved.

EXERCISES

- Demonstrate how to tell the differences in the variety of heat-related illnesses.
- Demonstrate proper emergency response for heat-related illnesses.

QUESTIONS

- How do you prevent heat-related illnesses?
- How do you monitor for heat-related illnesses?
- What jobs are most likely to cause heat-related illnesses?

CONCLUDING THE MEETING

- Get everyone to sign the attendance roster.
- Ask for questions.
- Ask for suggestions for improving this program.

Heat Stress Prevention Topic Page

You don't have to work in the desert to suffer from too much heat on the job. Even in a moderate climate, many sites are hot and uncomfortable. But discomfort isn't the only problem. If you don't take the proper precautions, heat can give you a rash, make you pass out, or even kill you. Sometimes you reach your limit, and you just have to know that it's time to stop. (You or a crewmember may want to add a personal story about heat.)

1. What signs and symptoms might you notice if your body is too hot?
 - a. First, you may notice that you are tired and less mentally alert. This increases the danger of accidents.
 - b. You may sweat. The body produces sweat so the evaporation will cool you off. Sweating isn't as effective if the air is very humid, because not as much sweat evaporates.
 - c. Heat rash is possible. You get it when your sweat glands swell and get plugged up.
 - d. You can get sunburn if you're in direct sunlight too long without using a sunscreen product on your skin. Sunburn can be painful and may even lead to skin cancer.

2. If you don't pay attention to these early symptoms and get out of the heat, you can get heat stress. What does heat stress do to your body?
 - a. The first symptom is usually heat cramps. If you don't replace the fluids and salts (called electrolytes) that you lose by sweating, you may get muscle pain or muscle spasms. These are most common in the arms, legs, back, and stomach.
 - b. Heat exhaustion can follow. Your whole body (especially your circulatory system) is extremely stressed. Some possible symptoms are: pale, flushed face and neck; clammy skin; heavy sweating; fatigue; shortness of breath; headache, dizziness, or fainting; nausea and vomiting; and rapid heartbeat and breathing.
 - c. Heat stroke is the most serious stage of heat stress. Your body temperature shoots up and 50% of people with heat stroke die. Symptoms are: dizziness and confusion; red, hot, dry skin; nausea and vomiting; very little sweating; rapid pulse; high body temperature (around 105 °F); convulsions; and loss of consciousness.
 - d. Anyone with heat stroke must be taken to a doctor or hospital immediately.

2. What is the best treatment for the different stages of heat stress?
 - a. Heat cramps - Stop work, drink fluids, and rest in a cool area. Drinking electrolyte solutions may also help.
 - b. Heat exhaustion - Give first aid by moving the person to a cool place to rest. Remove as much clothing as possible. Give the person water. Drinking electrolyte solutions may also help. Don't allow the person to get chilled, and treat for shock, if necessary. Get medical help.
 - c. Heat stroke - Call 911 to get an ambulance immediately. Immerse the person in cool water or ice.

For additional information and resources on this topic and other safety and risk management subjects, visit the AmTrust Loss Control website: <https://amtrustfinancial.com/LossControl>

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