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# Staying Cool is the Rule

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**Heat kills workers, both outdoors  
and indoors**

**Any workplace can be too hot  
for safety**

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## The health effects of heat include these conditions:

- **Heat fatigue**  
Victims tire, making jobs more dangerous
- **Heat cramp**  
Victims suffer muscle cramps

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## Heat may also cause life-threatening illnesses:

- **Heat exhaustion**  
Symptoms include headache, nausea, and thirst

Heat exhaustions may quickly turn into:

- **Heat stroke**  
Heat stroke kills  
Occurs when body temperatures reach 105°F (41°C)  
Symptoms include hot, dry skin, headache, confusion, convulsions and unconsciousness

## To prevent heat illness:

- **Acclimatize.** Keep your workload light for about two weeks
- **Dress down.** Wear clothes that permit air circulation
- **Conserve Energy.** Save heavy jobs for the coolest part of the day
- **Seek shelter.** Take rest breaks in a cool, shady area

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## Also:

- **Drink** cool water frequently, 5 ounces per 20 minutes
- **Add salt** to replace the salt you lost through sweat
- **Watch** for signs of heat illness, and take no chances

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## To treat a heat stroke victim:

- 1. Get medical help.**  
*Heat stroke is an emergency*
- 2. Maintain airway and breathing**
- 3. Place victim in the shade**
- 4. Loosen or remove clothing**
- 5. Use wet cloths to dampen skin**

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**Remember, you're at risk of heat illness anywhere. Guard against it. Stay cool on the job**

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