



# Heat Exhaustion Or Stroke

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*Toolbox Talks are intended to facilitate health and safety discussions on the job site. For additional Toolbox Talks, please visit [SAFETY.CAT.COM](http://SAFETY.CAT.COM).*

## TOPIC: Heat Exhaustion or Stroke

### Causes

High temperatures, humidity, direct exposure to sun, and limited air movement; also physical exertion, poor physical condition, certain medications, and low tolerance for hot workplaces.

### Symptoms of Heat Exhaustion

- Headaches, dizziness, lightheadedness, or fainting.
- Weakness and moist skin.
- Mood changes such as irritability or confusion.
- Upset stomach or vomiting.

### Symptoms of Heat Stroke

- Dry, hot skin with no sweating.
- Mental confusion or loss of consciousness.
- Seizures or convulsions.

### Prevention

- Know the symptoms and monitor yourself and your co-workers.
- Block direct sunlight and other sources of heat.
- Use cooling fans or air conditioning, and rest regularly.
- Drink lots of water (about one cup every 15 minutes).
- Wear lightweight, light-colored, loose-fitting clothes.
- Avoid alcohol, caffeinated drinks, and heavy meals.

### Treatment

- Call 911 (or a local emergency number) immediately.
- Move the worker to a cool, shaded area, and loosen or remove heavy clothing.
- Provide cool drinking water.
- Fan and mist the person with water.

Discussion Date: \_\_\_\_\_

Employee Participants:

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