



Safety in Five

Topic: _____

Date: _____

Location: _____

Company: _____

Topic specifics relevant to your job

Heat-related fatalities are one of the deadliest weather-related health outcomes in the U.S.

- Those at significant risk for heat-related illness have the following characteristics:
 - Under age 4 and over age 65
 - Medical conditions such as diabetes, obesity or heart disease
 - Consuming medication, energy drinks or alcohol

Prevention measures

- Hydrate – drink one cup of cool water every 20 minutes
- Shade – wear a hat, use sunscreen and take breaks in shade
- Rest – take enough time to recover from heat

Acclimate

- Workers need to build a tolerance to heat
- Use the 20% Rule
 - On the first day, work no more than 20% of the shift’s duration at full intensity in the heat
 - Increase the duration of full intensity by no more than 20% a day until workers are acclimated

Be mindful of fellow team members

- Don’t work alone in extreme heat
- Watch for any abnormal behaviors, including:
 - Slurred speech
 - Seizures, headache or nausea
 - Loss of consciousness
 - Weakness, dizziness or confusion
 - Heavy sweating or hot, dry skin
 - Rapid, shallow breathing

First Aid

- Move to a cooler area and provide water, ice or fan
- Remove unnecessary clothing
- Do not leave affected workers alone
- Call 911 if necessary

Sources: CDC, OSHA

Attendees (Names/Signatures)	

Comments/Suggestions