

Preventing Heat-Related Injuries

Heat stress occurs when the body is unable to cool itself off quickly enough. The body's major methods for reducing excessive heat are through perspiration and subsequent evaporation, as well as the shifting of blood circulation from the body core to the skin.



1. Dress properly – wear “breathable” light colored clothing.
2. Stay hydrated – drink plenty of cool fluids. Do not let thirst determine how much to drink and how often. Drink often on very hot days.
3. Pace your work on very hot days. Remember, strenuous physical activity contributes to body heat
4. Take breaks as provided and find a shady spot to rest
5. If you feel any of the following symptoms, stop working immediately and seek assistance: loss of coordination and stamina, dizziness, nausea, fatigue, headache, blurry vision, and difficulty breathing.

Company Name:

Date of Meeting:

Attendees: