TOOLBOX TALK



HEAT-RELATED ILLNESSES 🔻

The blood that circulates through our bodies helps maintain a fairly consistent internal temperature that is around 98.6°F for most adults. When it gets hot and normal blood flow isn't enough to keep the body cool, we sweat in an effort to cool off.

But, sweating isn't always effective when it's humid because the humidity in the air doesn't allow sweat to evaporate quickly. Also, over extended periods of time, sweating allows fluids and salts to be lost from the body, causing dehydration and other complications.

When normal blood circulation and sweating aren't enough to maintain an ideal internal temperature, the body's core temperature and heart rate will increase. This can cause a loss of concentration, irritability and sometimes fainting. All of these conditions are pre-warning signs of heat-related illnesses.

Knowing these and other warning signs of heat-related illnesses can help prevent injury and even death.

CONDITION	SIGNS AND SYMPTOMS	COMMON CAUSES	TREATMENT	
Heat Fatigue	 impaired motor or mental ability 	 lack of time to acclimate to hot working conditions 	 drink water rest in a cool place	
Heat Rash or "Prickly Heat"	 red rash or welts that usually appear where clothing is tight or restrictive as sweating increases, the affected area feels like pin pricks 	 skin that is continually wet from unevaporated sweat 	 rest in a cool environment change into dry clothing 	
Heat Cramps	 cramps in the stomach or extremities 	 hard labor in hot environments electrolyte imbalance due to excessive sweating too much or too little salt lack of water replenishment 	 slowly drink electrolyte containing fluids rest in a cool place 	
Heat Exhaustion	 headache nausea vertigo or dizziness weakness thirst giddiness 	 physical work in hot environments 	 remove from hot environment drink fluids slowly rest in a cool place 	
Heat Collapse	 fainting all heat exhaustion signs and symptoms are pre-cursors to fainting 	 lack of time to acclimate to hot environments 	 rest in a cool place drink fluids slowly, if there are no other injuries 	
Heat Stroke	 lack of sweating hot, dry skin high body temperature confusion irrational behavior loss of consciousness convulsions 	• continuing to work in hot environments after all other warning signs have been ignored	 this is a medical emergency. Seek professional care. move to a cool place remove outer clothing immerse the body in cold water or apply ice packs drink fluids use fans to circulate air 	Continue employee participants on back if needed

Big

New Pig One Pork Avenue • P.O. Box 304 • Tipton, PA 16684-0304 Phone: 1-800-HOT-HOGS (468-4647) newpig.com/expertadvice

This toolbox talk is provided as a courtesy of New Pig Corporation and is not intended to cover every safety and health risk that may occur at your facility. New Pig Corporation assumes no liability for the use of this toolbox talk in conjunction with safety efforts at your facility.

Discussion Date: .

Employee Participants:





OUR SITE SPECIFIC REQUIREMENTS/PROCEDURES



New Pig One Pork Avenue • P.O. Box 304 • Tipton, PA 16684-0304

Phone: 1-800-HOT-HOGS (468-4647) newpig.com/expertadvice

This toolbox talk is provided as a courtesy of New Pig Corporation and is not intended to cover every safety and health risk that may occur at your facility. New Pig Corporation assumes no liability for the use of this toolbox talk in conjunction with safety efforts at your facility.