



# 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	<ul style="list-style-type: none"> <li>impaired motor or mental ability</li> </ul>	<ul style="list-style-type: none"> <li>lack of time to acclimate to hot working conditions</li> </ul>	<ul style="list-style-type: none"> <li>drink water</li> <li>rest in a cool place</li> </ul>
Heat Rash or "Prickly Heat"	<ul style="list-style-type: none"> <li>red rash or welts that usually appear where clothing is tight or restrictive</li> <li>as sweating increases, the affected area feels like pin pricks</li> </ul>	<ul style="list-style-type: none"> <li>skin that is continually wet from unevaporated sweat</li> </ul>	<ul style="list-style-type: none"> <li>rest in a cool environment</li> <li>change into dry clothing</li> </ul>
Heat Cramps	<ul style="list-style-type: none"> <li>cramps in the stomach or extremities</li> </ul>	<ul style="list-style-type: none"> <li>hard labor in hot environments</li> <li>electrolyte imbalance due to excessive sweating</li> <li>too much or too little salt</li> <li>lack of water replenishment</li> </ul>	<ul style="list-style-type: none"> <li>slowly drink electrolyte containing fluids</li> <li>rest in a cool place</li> </ul>
Heat Exhaustion	<ul style="list-style-type: none"> <li>headache</li> <li>nausea</li> <li>vertigo or dizziness</li> <li>weakness</li> <li>thirst</li> <li>giddiness</li> </ul>	<ul style="list-style-type: none"> <li>physical work in hot environments</li> </ul>	<ul style="list-style-type: none"> <li>remove from hot environment</li> <li>drink fluids slowly</li> <li>rest in a cool place</li> </ul>
Heat Collapse	<ul style="list-style-type: none"> <li>fainting</li> <li>all heat exhaustion signs and symptoms are pre-cursors to fainting</li> </ul>	<ul style="list-style-type: none"> <li>lack of time to acclimate to hot environments</li> </ul>	<ul style="list-style-type: none"> <li>rest in a cool place</li> <li>drink fluids slowly, if there are no other injuries</li> </ul>
Heat Stroke	<ul style="list-style-type: none"> <li>lack of sweating</li> <li>hot, dry skin</li> <li>high body temperature</li> <li>confusion</li> <li>irrational behavior</li> <li>loss of consciousness</li> <li>convulsions</li> </ul>	<ul style="list-style-type: none"> <li>continuing to work in hot environments after all other warning signs have been ignored</li> </ul>	<ul style="list-style-type: none"> <li>this is a medical emergency. Seek professional care.</li> <li>move to a cool place</li> <li>remove outer clothing</li> <li>immerse the body in cold water or apply ice packs</li> <li>drink fluids</li> <li>use fans to circulate air</li> </ul>

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

Employee Participants:

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Continue employee participants on back if needed ►



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