

Heat Stress: Water, Rest, Shade

Why it matters. Hot work can make the body overheat faster than it can cool down. Heat illness starts with cramps and tiredness and can become heat stroke, which can kill. New and returning workers are at the highest risk in their first days.

KEY POINTS

- Drink water often — about one cup every 15 to 20 minutes during hot work — even if you are not thirsty.
- Rest in shade or a cool place. Rest breaks get longer as the heat goes up.
- New and returning workers need time to get used to the heat (acclimatization). Build up over about a week.
- Watch each other. People with heat illness often do not notice it themselves.
- Heat stroke is an emergency. Call for help and cool the person at once.

STEP BY STEP

1. Check the heat forecast and the plan for breaks before the shift.
2. Start the shift with water and keep drinking through the day.
3. Wear light, loose clothing, and a hat or hard-hat shade when allowed.
4. Do the heaviest work in the coolest part of the day.
5. Take rest breaks in shade or a cool area.
6. Check on your buddy: confusion, stumbling or heavy sweating that stops are danger signs.
7. If someone shows signs of heat stroke, call emergency services and cool them with water, ice or wet cloths while you wait.

NEVER

- ✗ Never wait until you are thirsty to drink.
- ✗ Never leave a worker with heat symptoms alone.
- ✗ Never push a new worker to a full workload in the heat on day one.

TALK ABOUT IT

1. Where is the nearest shade and cool water on our site today?
2. What are the signs of heat exhaustion and heat stroke?
3. Who is new or back from leave and still getting used to the heat?



Watch this talk as a short video — and get it in your crew's languages.
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Language used: _____

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