



THIS
MONTH'S
FOCUS

HEAT STRESS PREVENTION

Heat is the leading weather-related killer of U.S. workers — and nearly every case is preventable with **water**, **rest**, **shade**, and **acclimatization**.

- WATER
- REST & SHADE
- ACCLIMATIZE

48

worker deaths per year from environmental heat

~28K

heat-linked workplace injuries in a single year

3,790

heat illnesses with days away from work / year

~50%

of heat deaths occur in a worker's first days

BY THE NUMBERS · U.S. WORKER HEAT EXPOSURE · SOURCE: BUREAU OF LABOR STATISTICS & OSHA

PREVENTION FUNDAMENTALS



1 WATER

Drink about one cup (8 oz) every 15–20 minutes — roughly 24–32 oz per hour — even when you don't feel thirsty.

Don't wait until you're thirsty to drink.

2 REST & SHADE

Take scheduled breaks in shade or air conditioning to let the body cool down, and move the heaviest work to the coolest parts of the day.

Rest more often as heat, humidity, and workload climb.



3 ACCLIMATIZE

Build up heat tolerance gradually. New and returning workers need 1–2 weeks to adjust to working in the heat.

About half of heat deaths happen in a worker's first days.



Manager Code 27730

SCAN · WATCH · SIGN OFF

Watch & sign this toolbox talk

Point your phone camera at the code to watch the short refresher video, then **electronically sign off** to record your attendance.

HEAT STROKE? **CALL 911** COOL THE WORKER IMMEDIATELY



TOOLBOX TALK · MONTHLY SAFETY PROGRAM

HEAT STRESS PREVENTION

Heat is the leading weather-related killer of U.S. workers — and nearly every case is preventable with **water, rest, shade, and acclimatization**.

COVERED: FUNDAMENTALS · HEAT ILLNESS · KEY POINTS · Q&A

- 48** worker deaths per year from environmental heat
- ~28K** heat-linked workplace injuries in a single year
- 3,790** heat illnesses with days away from work / year
- ~50%** of heat deaths occur in a worker's first days

SOURCE: BUREAU OF LABOR STATISTICS & OSHA

01 HEAT STRESS PREVENTION FUNDAMENTALS

WATER

Drink about one cup (8 ounces) of water every 15–20 minutes, or roughly 24–32 ounces per hour, even if you do not feel thirsty.

REST

Take scheduled breaks to let the body cool down — more often as heat, humidity, and workload increase.

SHADE

Rest in shade or air conditioning; schedule the heaviest work for the coolest parts of the day.

ACCLIMATIZE

Build up heat tolerance gradually — new and returning workers need 1–2 weeks to adjust.

COMMON CAUSES

- High temperature and humidity with direct sun exposure
- Heavy physical exertion during the hottest part of the day
- No acclimatization — most heat deaths occur in the first week
- Not drinking enough water or skipping scheduled rest breaks
- Heavy, dark, or non-breathable clothing and PPE trapping heat
- No shade, fans, or cooling area available at the job site
- Ignoring early symptoms until they become an emergency

PREVENTION PRACTICES

- Drink about one cup of cool water every 15–20 minutes
- Schedule heavy tasks for cooler morning or evening hours
- Acclimatize new and returning workers gradually over 1–2 weeks
- Take regular rest breaks in shade or air-conditioned areas
- Wear light-colored, loose-fitting, breathable clothing
- Use a buddy system — watch coworkers for signs of heat illness
- Treat symptoms immediately — never leave a sick worker alone

02 TYPES OF HEAT ILLNESS

HEAT RASH

Red bumps or blisters from heavy sweating — keep skin dry and change out of wet clothing.

HEAT CRAMPS

Painful muscle spasms from fluid and salt loss — rest in shade, sip water before resuming work.

HEAT EXHAUSTION

Heavy sweating, weakness, dizziness, headache, nausea — move to a cool area, hydrate, get help.

HEAT STROKE

Medical emergency — confusion, collapse, hot dry skin. Call 911 and cool the worker immediately.

03 KEY DISCUSSION POINTS

- Most heat deaths happen in a worker's first days — acclimatize new and returning crew gradually.
- Water, rest, and shade are the core controls — drink before you feel thirsty.
- Know the warning signs and act early; heat exhaustion can turn into heat stroke fast.
- Heat stroke is a 911 emergency — cool the worker immediately while help is on the way.

04 ASK THE CREW

- ? Who here started or returned this week and is still getting used to the heat?
- ? Where is our water, shade, and cool-down spot on this job today?
- ? What's the heat index forecast, and which tasks should we move to cooler hours?
- ? If someone goes down with heat stroke, who calls 911 and who starts cooling them?