

Preventing Heat Exhaustion and Heat Stroke

Introduction

Prevent heat illness with an employer plan that combines exposure assessment, engineering controls, acclimatization, water, rest, and effective emergency arrangements. Hydration alone cannot make an excessive heat load safe.

Hazards & Controls

Reduce heat and physical demands where feasible, schedule strenuous tasks for cooler periods, and provide nearby cool recovery areas. Monitor workers and conditions, especially new or returning workers. Stop at symptoms instead of trying to finish the task.

For suspected heat stroke, call 911, stay with the worker, move to a cool area, and cool immediately. Use cold-water immersion when safely available under the response plan, or wet skin and clothing, apply cold wet cloths or ice, and circulate air. Safely remove outer clothing or PPE to aid cooling, managing other hazards. Do not give fluids to an altered or unconscious person.

Follow the employer's temperature-stress prevention and emergency procedures for the actual job and conditions. These awareness notes do not replace required training, individualized medical advice, or an exposure assessment.

Safety Reminders

Use buddy checks and report symptoms early. Stop and seek a safe recovery area when needed. Know how to summon emergency help and never leave an ill or injured worker alone.

Engagement Questions

Who calls emergency services, who starts cooling, and where is our cooling equipment?

What site-specific hazards or changes would make us stop work?

Sources and use notice

OSHA: Heat Exposure

OSHA: Heat Illness and First Aid

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Meeting Record & Sign-In

Preventing Heat Exhaustion and Heat Stroke

Company: _____ Date: _____

Jobsite: _____ Presenter: _____

Time / duration: _____ Crew / shift: _____

Site-specific hazards and controls discussed

	Printed name	Signature
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Follow-up action / responsible person / due date

Signatures record participation only. They do not establish competency, certify compliance, or waive rights. Retain completed sheets under company policy. Print additional copies for larger crews.