

Job site: \_\_\_\_\_  
 Foreman: \_\_\_\_\_

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 G.C. \_\_\_\_\_

<b>SMOHIT Safety Sense</b> Toolbox Talks for the Sheet Metal Industry	<h3 style="margin: 0;">Heat Exhaustion &amp; Heatstroke</h3> <ul style="list-style-type: none"> <li>Sheet metal and service workers may find themselves working in a wide variety of hot and humid environments, but being uncomfortable is not the major problem with working in high temperatures and humidity.</li> <li>Workers who are suddenly exposed to working in a hot environment face additional but avoidable hazards to their safety and health. Heatstroke and heat exhaustion are two of the major hazards when working in hot weather.</li> <li>Heatstroke is the most severe form of heat illness. Symptoms of heatstroke often appear suddenly and include lack of sweating; dry, hot, red skin; flushed face; rapid pulse; headaches; dizziness, irritability; nausea; vomiting; and high body temperature. Heatstroke can also result in collapse, delirium, or coma.</li> <li>Heat exhaustion is also the result of excessive heat and dehydration, but the symptoms are different from heatstroke. Symptoms of heat exhaustion include cold, clammy, pale skin; skin covered with perspiration; dilated pupils; loss of appetite; drowsiness; cramps; and fainting and unconsciousness.</li> <li>It is possible to prevent heat-related illnesses. The important thing is to stay well hydrated to make sure that your body can get rid of extra heat, and to be sensible about working in hot, humid weather.</li> <li>Heatstroke and heat exhaustion can be avoided altogether if you take certain precautions before going to work in hot and humid weather. Drink plenty of fluids before and during outdoor work, especially on hot days. Take frequent drink breaks and mist yourself with a spray bottle to avoid becoming overheated.</li> <li>If you think you or someone else is being affected by heatstroke or heat exhaustion, immediately make an attempt to lower body temperature. Moving yourself or the victim to a shaded area, remove outer clothing, and apply cool water to the entire body, and apply ice packs to the neck, groin, and armpits. If heatstroke is suspected, call 911 for assistance.</li> </ul>	<h3 style="margin: 0;">Instructor Tips</h3> <ul style="list-style-type: none"> <li><b>Point out that workers should wear lightweight, tightly woven, loose-fitted clothing in light colors when working outside in heat and humidity.</b></li> <li><b>Explain that a hat and sunglasses may also help protect workers from the sun.</b></li> <li><b>Emphasize that if workers feel symptoms of either heat-stroke or heat exhaustion that they must get out of the sun immediately.</b></li> </ul>
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