

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

Date: \_\_\_\_\_  
 G.C. \_\_\_\_\_

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| <b>SMOHIT Safety Sense</b><br><b>Toolbox Talks for the Sheet Metal Industry</b> | <h3>Hyperventilation</h3> <ul style="list-style-type: none"> <li>• Hyperventilation is deep, rapid breathing that reduces carbon dioxide levels in the blood.</li> <li>• Hyperventilation can be caused by fear, anxiety, stress, or other emotional responses.</li> <li>• Signs and symptoms for hyperventilation sometimes closely resemble other medical emergencies, such as respiratory distress or a heart attack. Symptoms include:           <ul style="list-style-type: none"> <li>○ numbness and tingling sensations around the lips, arms, and legs;</li> <li>○ dizziness, weakness, and confusion;</li> <li>○ chest pains that increase with respirations; and</li> <li>○ possible unconsciousness if not remedied.</li> </ul> </li> <li>• First aid treatment for a hyperventilating person:           <ul style="list-style-type: none"> <li>○ Reassurance can help relax breathing. Saying things like, “you are doing fine,” or “you will be okay” is very helpful. Use a soft, relaxed tone when reassuring the victim.</li> <li>○ Encourage steady breaths. Demonstrate a slow, steady, normal breathing pattern to the victim, and encourage the victim to emulate.</li> <li>○ Encourage the victim to breathe through pursed lips, as if blowing out a candle, or to cover his/her mouth and one nostril, and breath through the other nostril.</li> <li>○ If these attempts to remedy breathing are not successful, seek professional medical assistance immediately.</li> </ul> </li> </ul> | <h3>Instructor Tips</h3> <ul style="list-style-type: none"> <li>• <b>Explain to workers that breathing through a paper bag is no longer recommended because this can quickly lead to too much carbon dioxide in the blood stream.</b></li> </ul> |
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Reference: OSHA 29 CFR 1926.50