

SAFETY MEETING TOPIC

This form shall be completed and kept on file

Job Name _____ Location _____ Job No. _____
Meeting Leader _____ Title _____
Date Held _____ Place _____ Time _____
Subject of Meeting _____ **HEAT EXHAUSTION** _____

Anytime you are working in a hot area you may be affected by heat exhaustion. Heat exhaustion is caused by the body's excessive fluid loss.

So that proper first aid can be applied, you should be familiar with the symptoms of heat exhaustion. The victim's skin is normally pale, cold, clammy and covered with perspiration. Pulse is usually weak, breathing is shallow and the person is weak, dizzy, nauseated and staggering. A headache may also be present.

To treat a person who has heat exhaustion, they should be moved immediately to a place where the air is circulating freely, lay them down and keep them comfortably warm.

Give the person warm tea or coffee. Also give the victim a teaspoon of table salt diluted in a pint of water. Small drinks of salt water should be taken frequently.

If the victim does not respond and the symptoms pass readily, a Doctor should attend to the person.

You should be aware that the dangers of heat exhaustion are not as severe as sun stroke or heat stroke. That will be the subject of next week's talk.

When working in a hot area, drink plenty of fluids, such as water. This will help to replace the fluids the body loses through perspiration.

When working in direct sunlight, keep your head and body covered and of course drink fluids.