

Beat the Heat and Keep Your Cool: Outdoors

ON DEMAND WEBINAR

Heat illness is deadly. In fact, each year thousands of workers succumb to heat exposure. Now that it is starting to heat up, safety is essential for your outdoor workers! The good news is heat illnesses and related deaths are preventable.

You'll learn:

- 10 steps to prevent heat illness.
- How to increase employee awareness.
- Easy, actionable safety tips.
- Regulations that impact your operations.

Download these helpful heat illness prevention resources

[Webinar Presentation Handout](#)



What You Need to Know to Prevent **Heat Illness**



[Download all the slides from the webinar presentation.](#)

10 Tips to Beat the Heat Outdoors



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Heat Illness Prevention Plan



Edit this plan for your own company.

English

Spanish

Heat Illness “Know the Difference”



Learn the difference between heat exhaustion and stroke.

Agricultural Safety Poster

Agricultural Safety
Preventing heat stress

Preventing Heat Stress

- Drink plenty of water throughout the day.
- Take regular breaks - in the shade, if possible.
- Wear lightweight, light-colored, loose-fitting, breathable clothing.
- Wear a hat with a wide brim or bill.
- Avoid alcohol, caffeinated drinks, and heavy meals.
- Know the symptoms- headache, nausea, dizziness, weakness, irritability, profuse sweating, and thirst.
- Notify your supervisor immediately if you or others show signs of heat stress.

Provided by CNA Group Workers' Compensation, Risk Management Services
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www.cna.com/corporate/corporate/corporate.htm



Prevent heat stress with these tips for agricultural workers.

[English](#)

[Spanish](#)

Stay Cool Poster

Stay Cool
Avoid heat stress

Avoid Heat Stress

- Know proper first aid procedures.
- Acclimatize yourself to the heat.
- Drink plenty of water before, during, and after you work in the heat, even if you don't feel thirsty.
- Avoid alcohol and caffeine.
- Schedule the more strenuous work for the coolest time of the day.
- Take frequent rest breaks in a cool, shady area
- Wear loose clothing that will wick the moisture from your skin.

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[Learn how to avoid heat stress and stay cool with this poster.](#)

Heat Illness – Symptoms, Procedures, Precautions



Heat Illness
Objective: To reinforce awareness of dangerous heat illnesses, including symptoms, treatment procedures, and safety precautions.

When the body is unable to cool off by sweating, heat-induced illnesses such as **heat exhaustion** and **heat stroke** can occur. These illnesses are very serious, and can sometimes result in death.

High temperatures, humidity, direct sun or heat, limited air movement, physical exertions, poor physical condition, some medications, and inadequate tolerance for hot workplaces or areas can all contribute to heat stress.

To control this hazard, take precautions, be able to recognize the symptoms of heat exhaustion and heat stroke, and know what to do in the event of a heat related illness.

Common Symptoms of Heat Illness

Heat exhaustion:	Heat stroke:
Headaches	Dry, hot skin with no sweating
Dizziness, lightheadedness, or fainting	Strong, rapid pulse
Extreme weakness	Dizziness and nausea
Profuse sweating	Confusion or irrational behavior
Irregularity	Tetany or convulsions
Nausea or vomiting	Lack of consciousness
Cramps	

Industrial-Safety.org | Safety-Response.com | Safety-Response-Consulting.com
www.safetygroup.com | 800-243-1233

Use this document when training employees.

[English](#)

[Spanish](#)

Safety Sound Off Podcast

Check out the latest in this audio series with special pre-webinar interviews:

The Importance of Water When Working Outdoors
with Jose Gutierrez, ICW Group Senior Sr. Risk Management Consultant

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Prevent Outdoor Heat Illness with Shade and Weather Monitoring
with Jose Gutierrez, ICW Group Senior Sr. Risk Management Consultant

[Downloadable mp3](#)