


<b>KAUST Health and Safety Toolbox Talk</b>	Toolbox Talk Number	HSE/RF/TBT/004	 جامعة الملك عبد الله للعلوم والتقنية King Abdullah University of Science and Technology
	Title	Heat Illness Prevention: General Awareness	
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### What is Heat Illness?

Exposure to heat can cause illness and death. The most serious heat illness is heat stroke. Other heat illnesses such as heat exhaustion, heat cramps and heat rash, should also be avoided. There are precautions that you and your employer should take any time temperatures are high and the job involves physical work.

### Risk Factors for Heat Illness

- High temperature and humidity, direct sun exposure, no breeze or wind
- Low liquid intake
- Heavy physical labor
- Waterproof clothing or clothing that does not promote evaporative and dry heat exchange
- No recent exposure to hot workplaces (worker is not acclimatized)

### Symptoms of Heat Exhaustion

- Headache, dizziness, or fainting
- Weakness and wet skin
- Irritability or confusion
- Thirst, nausea, or vomiting

### Symptoms of Heat Stroke

- May be confused, unable to think clearly, pass out, collapse, or have seizures (fits)
- May stop sweating



### To Prevent Heat Illness, Your Employer Should:

- Establish a complete heat illness prevention program.
- Provide training about the hazards leading to heat stress and how to prevent them.
- Provide cool/shaded resting facilities and sufficient cool drinking water in the work area.
- Gradually increase workloads and allow more frequent breaks for workers new to the heat or those that have been away from work to adapt to working in the heat (acclimatization).
- Routinely check workers who are at risk of heat stress due to protective clothing and high temperature.
- Consider protective clothing that provides cooling.

### How You Can Protect Yourself and Others

- Know signs/symptoms of heat illnesses; monitor yourself; use a buddy system.
- Block out direct sun and other heat sources.
- Drink water often and BEFORE you are thirsty. Drink water every 15 minutes.
- Avoid beverages containing alcohol or caffeine.
- Wear lightweight, light colored, loose-fitting clothes.

### What to Do When a Worker is Ill from the Heat

- Call a Supervisor or Person in Charge for help.
- Have someone stay with the worker until help arrives.
- Move the worker to a cooler/shaded area.
- Remove outer clothing.
- Fan and mist the worker with cool water; apply ice (ice bags or ice towels).
- Provide cool drinking water if the person is able to drink.

**IF THE WORKER IS NOT ALERT or seems confused, this may be a heat stroke. IMMEDIATELY CALL 911 (from a landline, or 012 8080911 from a mobile) and apply ice as soon as possible.**