

Understanding Heat-Related Risks

Guided Notes Presentation

Heat Exhaustion Symptoms

- 1. Temperature Warning Signs
 - - Body temperature around ____°F
 - - Skin feels _____ and _____
 - - Excessive _____ (sweating)
- 2. Physical Symptoms
 - - Feeling _____ or weak
 - - Experiencing _____ headache
 - - Possible _____ or muscle cramps

Heat Stroke Symptoms

- - Body temperature above ____°F
- Critical Signs:
 1. _____ skin
 2. Confusion or _____ thinking
 3. Potential loss of _____

Safety Measures and Recommendations

- Personal Protection Strategies
- 1. Hydration Techniques
 - - Drink _____ ounces of water per hour
 - - Avoid _____ and _____ drinks
- 2. Clothing Choices
 - - Wear _____ colored clothing
 - - Choose _____ fitting materials
 - - Use _____ protection

Employer Responsibilities

- 1. Provide _____ areas
- 2. Schedule _____ during cooler hours
- 3. Implement mandatory _____ breaks

Outdoor Worker Vulnerabilities

- Risk Factors
- 1. Exposure to direct _____
- 2. Limited access to _____ areas
- 3. Heavy physical _____
- 4. Wearing _____ protective equipment
- 5. Lack of _____ breaks

Heat Safety Checklist

- Drink _____ water before shift
- Wear _____ hat
- Use _____ protection
- Take regular _____ breaks
- Know _____ signs of heat illness