Job Task

Working in Hot Weather/ Conditions

Hazard Review

Sweating, nausea, dizziness, vomiting, fainting, heatstroke, death

1. Drink plenty of fluids.
2. Dress properly (lightweight, light).
3. Avoid big, hot meals.
4. Watch your salt intake.
5. Take frequent and short breaks in cool, shaded areas to allow body to cool down.
6. Acclimatize - when possible, get used to the heat in small doses.
7. In the case of suffering from a heatstroke, move the victim to a cool area immediately. Do not leave the person alone. Loosen clothing. Lie down and elevate the feet (6 to 8 inches). Have the person drink cool water. Apply cool compresses if possible.