

Heat: plan water, rest, and a response

Talk 06 of 52 | Week 6 | Health

Leader: adapt this talk to today's electrical work and site procedures. See the educational-use and liability notice on page 2.

START THE CONVERSATION

Heat affects indoor and outdoor work. Heavy effort, protective clothing, and poor air movement can increase the load on the body even when the task is familiar.

KEY TALKING POINTS

1. Follow the site heat plan, including water access, cooling areas, rest breaks, and gradual acclimatization for new or returning workers.
2. Drink water regularly and watch coworkers for symptoms. Report headache, nausea, dizziness, weakness, or unusual behavior promptly.
3. Confusion, slurred speech, seizures, or collapse can signal a medical emergency. Call 911, start cooling immediately, and stay with the person while help is coming.
4. Move the worker to a cooler place if safe, remove excess outer clothing, and use cool water or cold packs while following emergency instructions. Do not give fluids to someone who is unconscious or cannot swallow safely.
5. Electrical job example: a crew is pulling cable in a hot mechanical space while another group works outside. Discuss each location separately. A shared shift schedule does not mean both groups have the same conditions, effort, clothing, or access to cooling and drinking water.
6. Before starting, identify a check-in partner and make sure everyone knows how to report feeling unwell without delaying for a break bell. Ask where a new or returning worker fits into the site's acclimatization plan. Supervisors should know about changing conditions so the work and rest arrangements can be reassessed.
7. Walk through the emergency communication: who makes the call, who guides responders to the electrical work area, and who stays with the affected person. Check that the directions describe the actual entrance and floor. Do not send a symptomatic worker away alone or assume they can safely drive themselves.

ASK THE CREW

1. Where is our cooling area?
2. Who calls emergency services and meets responders?

BEFORE WORK STARTS

Confirm water, rest arrangements, the site address, and the emergency communication method.

OSHA SOURCES / FURTHER READING

OSHA: Water, rest, shade

OSHA: Heat illness and first aid

Attendance & action record

Heat: plan water, rest, and a response

Date: _____ Leader: _____

Company / jobsite: _____

Site hazards and controls discussed:

Follow-up action / responsible person / due date:

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Participant name	Signature / acknowledgment

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