

Topic: **Heat Stroke Prevention**

Heat stroke is the most dangerous heat related disorder there is, often putting employee's lives in danger. Understanding the signs of heat stroke could protect you and others from being victims of heat stroke. Remember, a heat stroke is a fast acting, dangerous killer. It can bring about an irreversible coma and even, death, if not quickly and properly treated.

HEAT STROKE IS A MEDICAL EMERGENCY! Anyone exhibiting the signs and symptoms of heat stroke should be rushed to the nearest hospital or clinic immediately. A heat stroke does not have to be caused by exercise or exertion. High temperatures, lack of body fluids and overexposure to the elements and high heat can all bring about a heat stroke.

Symptoms

- The first sign to look for is red, flushed skin
- A person that is suffering heat stroke, does NOT SWEAT and feels dry
- The person feels dizzy, weak, confused or has a headache
- Seizures
- Rapid pulse
- Unconsciousness
- Body temperature of 105-degrees or higher

Prevention

The easiest way to avoid heat stroke is to keep your body well hydrated. **THIS IS CRITICAL!** Drink plenty of water before, during and after exposure to heat and the elements. Sports drinks are a good choice if you are working in hot conditions, but water works fine, too. Putting yourself in a place where there is plenty of airspace will allow your body to naturally cool itself. Sitting in a shaded, open area will help your body rid itself of heat through sweating. What you wear can play a big factor in how your body will handle the heat. Light colored, loose fitting clothing will aid your body in breathing and cooling itself down naturally. Tight clothing restricts such a process and dark colors absorb the sun's light and heat.

Heat strokes are preventable. It is easier to take steps to prevent heat stroke than it is to treat it. Most doctors recommend consuming eight or more glasses of water a day during normal weather conditions, and sixteen or more glasses of water a day during high-heat periods.

Remember, a heat stroke is a fast acting, dangerous killer, but it is preventable.

Notes: _____

Simple Safety Meetings® Leader Guide

Procedural recommendation for a Simple Safety Meeting® Leader:

- A. Prior to the meeting read the topic content to be sure you understand it.
- B. Make notes regarding specific company issues, policies or items for extra emphasis.
- C. Have each participant “sign in” on the participant information sheet prior to starting the meeting and the meeting clock.
- D. Hand out the “Topic Content” meeting sheet when the participant “signs in” making sure each participant has a pencil or pen for note taking.
- E. Instruct the participants to take their time and read through the content, taking their time to understand it and make notes about questions or suggestions they may have.
- F. Wait until everyone is done reading, asking the early finishers to please be quiet while everyone else finishes. (During this time it is a good idea for the leader to re-read the content so as not to appear to be paying attention to who are slow readers and fast readers. Do not embarrass slow readers, but encourage them to take their time to finish so they completely understand and can ask questions.)
- G. After everyone has completed reading and making notes, use a few moments to emphasize, clarify or restate any of the most relevant topic points.
- H. Ask the participants if they have any questions, suggestions or need any clarification.
- I. When the 10-minute bell goes off, the leader must be totally done, except answering questions from the participants.
- J. If another meeting is scheduled, remind everyone of the next meeting date and time.
- K. End the meeting by thanking the participants for their attention and questions.
- L. Remind the participants that working safely is a choice, and you (the leader) and the company wants them to make a conscious effort to choose to work safely

Our content is such that it can be passed out to the participants for them to read during the meeting. The leader’s function is to merely emphasize company specific points, ask if everyone understands the topic points and ask for comments and suggestions.

Our theory is that many shift level safety meeting leaders are not presenters and can feel uncomfortable making any sort of presentation in front of a group of people. However, shift level safety meeting leaders are typically knowledgeable in their area and can handle participant questions and suggestions quite well. The goal of any safety meeting is to communicate the information and make sure the participants understand the safety issues, procedures and policies at hand for your specific company.

Our approach is a simple one. Short, to the point meetings that last no longer than 10 minutes. In fact, we suggest having a standard kitchen timer at the meeting. As soon as the meeting starts, set the timer for 10 minutes. When the bell goes off, the leader’s portion **MUST** be concluded and the **ONLY** allowable discussion is participant questions, suggestions and comments.

Ideally, the topic content should be covered within 10 minutes, not including employee questions. After 10 minutes of presentation, employee’s minds begin to wander, thinking about the workday ahead, future plans in their personal life or just daydreaming.