

# SAFETY TALK

## HOT, HOT HEAT PART II



### DID YOU KNOW?

Allowing your body to overheat can lead to heat illnesses such as heat cramps, heat exhaustion and heat stroke. With summer upon us it is important that we implement heat management strategies to help reduce the risk of heat illnesses.

### YOU NEED TO KNOW:

Practice the following to help prevent heat illness:

#### Increase your Fluid Intake

- Does your department have a hydration station? If not, talk to your manager about setting one up.
- Set a timer to remind you to take a hydration break. Do not wait until you are thirsty to have a drink!
- Avoid excessive caffeine and alcohol which can increase the risk of dehydration

#### Taking Frequent Rest Breaks in Cooler Environments

- Take your breaks in the shade or cooler parts of the building.
- Ensure that the temperature difference between work and rest environment is not so extreme that it puts stress on your body.
- Recognize that you may have to adjust your workload when working in excessive heat. Have a discussion within your department as to what adjustments can be made.

#### Work in the Shade (or Cooler Environment) When Possible

- Schedule more strenuous activities for cooler times in the day
- If possible, set up temporary structures outside to provide shade.

### QUESTION ?

**WHAT IS ONE  
STRATEGY YOU WILL  
IMPLEMENT TO TRY  
TO PREVENT HEAT  
ILLNESS?**

## WEEKLY TOPIC: Hot, Hot Heat Part II

DATE: \_\_\_\_\_

FACILITY: \_\_\_\_\_

DEPARTMENT: \_\_\_\_\_

SAFETY TALK CONDUCTED BY: \_\_\_\_\_

## ADDITIONAL DISCUSSION QUESTIONS

WHAT CAN YOUR DEPARTMENT DO TO ENSURE THAT STAFF ARE ABLE TO TAKE ADEQUATE REST BREAKS WHEN WORKING IN HOT TEMPERATURES?

WHAT ARE SOME STEPS YOU COULD TAKE TO IMPROVE YOUR ABILITY TO HYDRATE?

WHAT OTHER STRATEGIES HAVE YOU FOUND HELPFUL WHEN WORKING IN HOT TEMPERATURES?

## SAFETY TALK NOTES:

## WORKERS PRESENT:

## WORKER CONCERNS:



Saskatchewan  
Health Authority

[Safety Talks can be found on the SHA Intranet](#)

July 2, 2021