

Toolbox talk

Summer

5 minutes

Heat Emergency First Aid Toolbox Talk

Heat exhaustion gets rest, shade, and fluids. Heat stroke - confusion, collapse, hot skin, seizure - is a 911 emergency where rapid cooling starts immediately, before help arrives.

READ ALOUD (ABOUT 5 MINUTES)

Last talk we covered preventing heat illness. This one is about what to do when prevention fails, because the response window is short and the wrong call is easy to make under pressure.

Heat exhaustion looks like heavy sweating, weakness, dizziness, headache, nausea, cramps. Response: stop the work, move to shade or cooling, loosen clothing, give water, and stay with the person. They do not go back to work that day without being checked.

Heat stroke is different: confusion, slurred speech, aggressive or strange behavior, collapse, seizure, skin that may be hot and dry or still sweaty. That is 911, immediately. While waiting: move to shade, strip excess clothing, and cool aggressively - ice packs at neck, armpits, and groin, soaked clothing, fanning, an ice bath if available. Cooling starts before the ambulance arrives, not after.

INCIDENT EXAMPLE

A crew found a coworker sitting against a wall, confused and mumbling, and spent ten minutes debating whether to "let him rest." A foreman recognized the confusion as a stroke sign, called 911, and started ice-pack cooling. The medics later said those minutes of cooling likely prevented permanent injury.

CONTROLS TO COVER

- Post who is first-aid trained and where cooling supplies are staged.
- Treat confusion or collapse in heat as heat stroke: call 911 first.
- Cool aggressively while waiting: ice at neck, armpits, groin; wet and fan.
- Never send a worker with heat illness home alone or back to work unchecked.

CREW DISCUSSION

1. Who on this crew is first-aid trained, and how do we reach them fast?
2. Where are ice, water, and shade staged relative to today's tasks?
3. What is our exact address or gate location for an ambulance?

QUICK QUIZ

1. What separates heat stroke from heat exhaustion?
Confusion, strange behavior, collapse, or seizure mean stroke - a 911 emergency.
2. When does cooling start for suspected heat stroke?
Immediately, before the ambulance arrives.
3. Can a worker with heat exhaustion finish the shift?
No. They rest, cool, hydrate, and get checked before any return to work.

Reference: 29 CFR 1926.50 (medical services and first aid) - Heat stroke can be fatal or cause permanent damage when cooling is delayed; the first minutes decide the outcome.

Toolbox Talk Sign-In Sheet

Attendance record for the talk above. Reviewers (OSHA, GC, ISNetworld/Avetta) expect topic, date, presenter identity, and attendee signatures.

Project / location

Date and time

Topic: Heat Emergency First Aid Toolbox Talk

Presenter (print)

Presenter signature

NAME (PRINT)	COMPANY / TRADE	SIGNATURE

Concerns raised and follow-up actions (owner, due date)