

Toolbox talk

Summer

5 minutes

Heat Stress Toolbox Talk

Heat stress can move from discomfort to emergency quickly. Cover water, rest, shade, acclimatization, buddy checks, and the signs that require stopping work and calling for help.

READ ALOUD (ABOUT 5 MINUTES)

Today we are talking about heat stress because it can affect judgment before anyone realizes they are in trouble. Heat illness is not a toughness issue. It is a planning issue.

Drink water before you feel thirsty. Use shade and rest breaks. Watch new workers and anyone returning after time away, because acclimatization matters. If someone is dizzy, confused, cramping, nauseated, or stops sweating, stop the work and get help.

Before we start, point out where water is, where shade or cooling is, and who you will tell if you see symptoms. No one works through heat symptoms alone.

INCIDENT EXAMPLE

A laborer on a concrete crew started acting confused after several hours in direct sun. The crew thought he was tired and kept pouring. By the time he sat down, he could not answer basic questions. A buddy check and earlier stop-work call would have changed the outcome.

CONTROLS TO COVER

- Stage water close to the task, not back at the trailer.
- Build rest and shade into the plan before the hottest part of the day.
- Pair workers for symptom checks during high heat.
- Escalate confusion, fainting, vomiting, or hot dry skin as an emergency.

CREW DISCUSSION

1. Where is the hottest task on this site today?
2. Where will this crew take shade or cooling breaks?
3. Who needs extra attention because they are new or returning to heat?

QUICK QUIZ

1. Should workers wait until they are thirsty to drink water?
No. Hydrate before thirst becomes the signal.
2. Name one heat illness warning sign that should stop work.
Dizziness, confusion, nausea, cramps, fainting, or unusual behavior.
3. Why do new workers need extra attention?
They may not be acclimatized to the heat or workload yet.

Reference: OSHA General Duty Clause; heat NEP enforcement emphasis - OSHA has a National Emphasis Program for heat-related hazards that is scheduled to run through April 2031.

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 Stress Toolbox Talk

Presenter (print)

Presenter signature

NAME (PRINT)	COMPANY / TRADE	SIGNATURE

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