



HEAT ILLNESS PREVENTION

Toolbox Talk

WHY HEAT ILLNESS PREVENTION MATTERS

- Heat illness can occur indoors or outdoors when the body overheats.
- Symptoms range from mild (heat cramps) to severe (heat stroke), which can be life-threatening.
- Prevention is key — once heat illness starts, it can escalate quickly.

SIGNS & SYMPTOMS

- Heat Exhaustion: Heavy sweating, weakness, dizziness, nausea.
- Heat Stroke: Confusion, hot/dry skin, rapid pulse — medical emergency!
- Heat Cramps: Muscle pain or spasms during work.

PREVENTION GUIDELINES

- Hydration: Drink water frequently — don't wait until thirsty.
- Rest Breaks: Schedule breaks in cool or shaded areas.
- Acclimatization: Gradually increase exposure for new or returning workers.
- Ventilation: Use fans or HVAC indoors to reduce heat buildup.
- Clothing: Wear lightweight, breathable fabrics when possible.

EMERGENCY RESPONSE

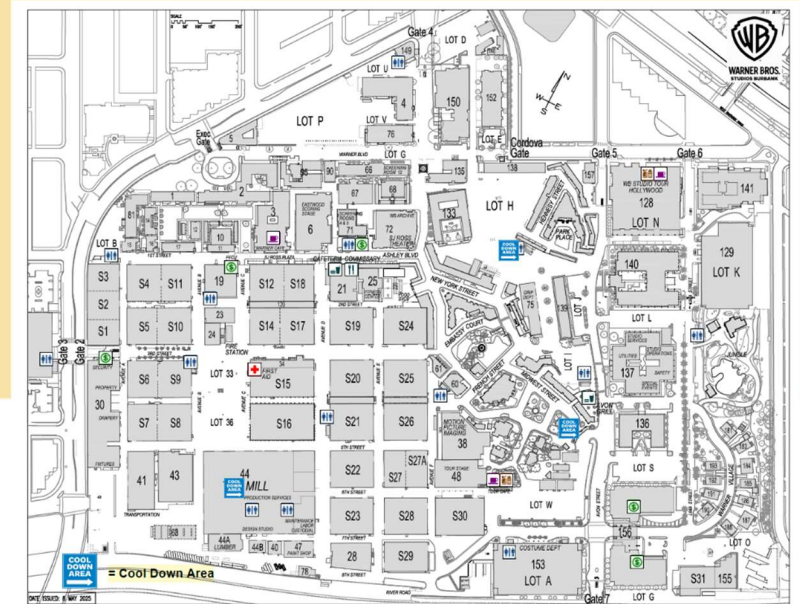
- Move affected person to a cool area immediately.
- Loosen clothing and apply cool compresses.
- Call emergency services for heat stroke symptoms.
- Never leave an ill worker alone — monitor until help arrives.

EMPLOYER RESPONSIBILITIES

- Provide water, shade, and rest areas.
- Train employees on heat illness prevention and response.
- Monitor conditions and adjust work schedules during extreme heat.

REPORTING & FOLLOW-UP

- Report any heat-related symptoms or unsafe conditions immediately, call the emergency line at 818-954-3333.
- Supervisors must document incidents and review prevention measures.
- Continuous monitoring and feedback help improve safety plans.



COOL DOWN SPACES

- The Mill
- Lot H
- Behind Midwest Street

COOLING TIES

- Cooling ties to reduce heat stress are available at First Aid, the Safety Dept. or The Paint Store.

STAY COOL, STAY HYDRATED, AND KNOW THE SIGNS — HEAT ILLNESS PREVENTION SAVES LIVES INDOORS AND OUTDOORS.