

TOOL BOX TALKS

Hot Weather Safety

Hot weather can become hazardous for anyone that works outdoors and in buildings without air conditioning or air movement. Employees of all ages are at risk for heat-related illness, especially those with existing health issues and those that have suffered previous heat illness events. Perform a heat-related illness risk assessment in your workplace or job site and develop an injury prevention plan that includes education, ventilation, rest breaks, hydration and protection from direct sun.

WORKSAFE TIPS

SUNLIGHT

- Sunlight produces ultraviolet radiation
- No ultraviolet radiation is safe

SKIN CANCER

- Melanoma is the deadliest form of skin cancer
- Melanoma is nearly 100% curable if found early
- Melanoma can spread to other parts of the body, making treatment very difficult
- Melanoma originates in the melanocytes, the area in which melanine is produced
- Melanine is the brown pigment that darkens skin

RECOGNIZING SKIN CANCER

- Moles: The more moles that develop on the skin, the greater the chances for skin cancer
- Look for Dysplastic Nevi, or atypical moles
- Look for the following in irregular moles
 - Irregular or hazy border
 - Color variations of brown, light brown, blue or black
 - Enlargement of an existing mole
 - Development of a new mole
 - Not round – oddly shaped
- Do a self-examination once per month of the following areas:
 - Head, face and scalp using a mirror
 - Hands, fingers, arms, elbows and underarms using a mirror
 - Using a mirror, back, neck, shoulder area, lower back, buttocks
 - Legs, tops of feet, inside of knees

SUN OVEREXPOSURE PROTECTION

- Wear long-sleeved, loose fitting clothes
- Use sunscreen with SPF of 30 or more
- Follow directions printed on container
- Wear a hat that protects the ears and neck
- Wear sunglasses or safety glasses that protect against UVA and UVB radiation
- Read the label
- UV radiation most intense between 10AM & 4PM

HEAT EXPOSURE PROTECTION

- Drink small amounts of water often
- Avoid alcohol, sugar or caffeine drinks
- Wear light-colored, loose, long-sleeve clothing
- Take frequent breaks in the shade
- Eat smaller, light meals
- Work in the shade if possible

RECOGNIZING HEAT ILLNESSES

- High body temperature, rapid pulse
- Profuse or NO sweating
- Hot, dry, red skin
- Confusion, slurred speech or disorientation
- Agitation
- Seizure and unconsciousness

FIRST AID MEASURES

- Dial 911
- Remove the victim from hot environment
- Remove extra or loosen clothing
- Provide small sips of water
- Cool face, arm pits, neck with damp towel
- Fan the victim
- Move the victim to an air-conditioned environment
- Monitor breathing, elevate legs, calm victim



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