



C3 Safety Training: 12 Month Module

Module 5: May - Heat

Company Name: _____ Date: _____

C3 Project Name: _____

- Heat Illness can be deadly. Thousands suffer heat illness per year and several result in death related to heat related causes on the job
- A heat wave is a prolonged period of excessive heat, generally 10 degrees or more above normal average.
- Examples of Heat related illness:
 - Heat exhaustion
 - Heat stroke
- Employers must protect workers from excessive heat on the jobsite.
- Signs of heat exhaustion
 - Dizziness
 - Headache
 - Sweaty skin
 - Weakness
- Signs of Heat Stroke:
 - Red, hot, dry skin
 - High body temperature
 - Confusion
 - Dehydration
- Provide workers with water, rest, and shade
- Listen to local weather forecast and stay aware of upcoming temp changes.
- Explain the following heat forecast:
 - Excessive Heat Advisory (forecast of excessive heat in the next 24-48 hours)
 - Heat advisory (forecast of heat of 100-105 Degrees for 1-2 days)
 - Excessive Heat warning – (Heat index to meet 105-110 degrees for 2 days)
- Explain the following Heat Suggestions
 - OSHA guidelines suggest each worker drink 1 pint of water per hour.
 - Avoid energy drinks (Approx. 1 gallon of water to make up one energy drink)