

# Heat Exhaustion Safety Talk Handout



## **BENEFITS**

The summer—and its hot, humid weather—is nearly here. So if your workers work outside, in addition to protecting them from the usual hazards, you may also need to protect them from overexposure to the heat. (Note that in certain workplaces, such as bakeries or foundries, heat stress is a year-round safety hazard.) Exposure to extreme heat and/or humidity, whether due to the weather or from equipment, can lead to heat stress and develop into serious conditions, including heat exhaustion.

## **HOW TO USE THE TOOL**

Adapt and give this handout to workers in conjunction with a safety talk on heat exhaustion. Give the talk to all workers who work outside in the heat or who are exposed to high temperatures and/or humidity due to equipment.