



Everyone is Responsible

It can seem to take only a moment for a someone who was “doing fine” in the heat to suddenly find themselves barreling through the Heat-Related Illness symptoms. As a team, we need to be accountable to, look out for, and take care of each other – especially in the heat, where the result could be fatal.

Communication is Vital

If you see or hear of something that can impact the team such as changing weather conditions (a storm alert, or an upcoming heat wave), a coworker exhibiting signs of heat stress, the drinking water supply is running low, etc., let your supervisor know. Even if they are already aware of the conditions changing, it lets them know that you are paying attention to everyone’s heat risk.

Buddy System

Whenever possible, work in a buddy system. Then, keep an eye on each other. This way, rather than feeling responsible for watching out for the whole team, you can focus on yourself and one other person. This will assist supervisors in monitoring everyone.

Know the Symptoms & First Aid

Review the symptoms of Heat Cramps, Heat Exhaustion, and Heat Stroke, as well as the First Aid treatment for each. If you are unclear on them, request follow-up training from your supervisor.

Know the Plan

- Location of drinking water and shaded rest areas
- Location of First Aid kits and emergency numbers
- Understanding the Heat Index
- Modified Work Schedules
- Work/Rest Cycles
- Procedures to follow when contacting emergency medical services

Safety in the workplace is everyone’s responsibility

Injuries or illnesses affect everyone in that workplace not just the person who gets hurt. When you recognize a hazard do not just keep it to yourself. Doing this may protect you, but it leaves everyone else in that area vulnerable to an injury or incident.

When the individuals of a workforce demonstrate that they are committed to living the value of caring for each other’s well-being (safety) then there is much more autonomy and trust that is built. That means that rules and discipline are not needed to enforce



safety; it becomes what is done. This allows the entire workforce to be able to enjoy a work environment that is more relaxed, respectful, and overall enjoyable to work at compared to working in a place where there is no trust, no autonomy, and where heavy rules and processes are relied on to attempt to force employees to take certain actions.

SAFETY REMINDER

It is important to prevent heat illnesses before they become an issue in the workplace. Knowing the signs, symptoms, and treatment of heat illnesses especially heat stroke can save someone's life. When in doubt always call 911 to get an individual the proper treatment they need.