



July 24 — Don't Wait Until Someone Asks for Help

Employees asked me to stop by and check out something he was working on. He had been there all morning working on this piece of equipment and was going to be there for the rest of the day or more. While I was there, I noticed it was quite warm and he was sweating profusely. (Literally dripping)

To help cool him off and reduce the risk of a heat related illness I went down and got him my battery powered fan and a hot work. He thanked me once he felt that nice breeze.

One of the first signs of heat stress...

...may be noticed by someone else.

An employee had spent most of the morning working on the same piece of equipment and expected to continue the job for the rest of the day. When a coworker stopped by to review the work, they immediately noticed the employee was sweating heavily and showing signs that the heat was beginning to take its toll.

Rather than ignoring the situation or assuming the employee would say something if they needed help, the coworker spoke up. The employee took time to cool down, hydrate, and recover before continuing the task.

Heat stress often develops gradually. As our body temperature rises, fatigue increases, concentration decreases, and decision-making becomes more difficult. In many cases, the person experiencing heat stress may not recognize how serious it has become.

That's why looking out for each other is one of the most effective ways to prevent heat-related illnesses.

Hazards

- Heat stress
- Heat exhaustion
- Dehydration
- Fatigue
- Reduced concentration and decision making
- Delayed recognition of heat illness

Words of Wisdom

Heat stress doesn't always announce itself. Pay attention to your coworkers as much as you pay attention to yourself. A simple conversation could prevent a serious medical emergency.

Pause and Think

- What are some early warning signs that a coworker may be experiencing heat stress?
- Why might someone continue working even when they're becoming overheated?
- How can checking in with a coworker help prevent a heat-related illness?
- What steps should you take if you notice someone showing signs of heat exhaustion?
- How can your crew work together to stay safe during hot weather?

Closing Thought

Sometimes the best safety tool isn't a piece of equipment, it's a coworker who notices something isn't right. Look out for one another, especially when working in the heat.

See Something • Say Something • Do Something