



## August 13 — Don't Wait Until Heat Wins

I was up checking on the guys working on a decanter. After looking at their JHA's and permits I walked upon them and one employee said it was really hot. He had a long sleeve shirt over a short sleeve shirt. I asked him why he was wearing heavy long sleeves and he said it keeps him wet to try to stay cool. I told him to make sure they are staying hydrated and take cool down breaks, then I went out onto the dryers to look at some other jobs. When I came back in I seen they must have gone to cool down.

I walked over to the hut that was made with a A/C unit in it to be able to cool down and seen they were in there so I went in and asked them the question that when I walked back into the decanter deck I seen that there was 3 different fans running but none were at the job they

### The best heat-related incident...

#### ...is the one that never happens.

While checking on employees working on Decanter 1C, a supervisor reviewed the job documentation before walking the work area. During the visit, one employee mentioned how hot it was. The employee was wearing a lightweight long-sleeve shirt over a short-sleeve shirt and explained that keeping the shirt wet actually helped him stay cooler while working in the heat.

Rather than simply moving on, the supervisor took the opportunity to remind the crew to stay hydrated and take cool-down breaks throughout the day. When he returned a short time later, the crew had already stepped away from the work area to cool down. That simple decision demonstrated good judgment and an understanding that taking a break before becoming overheated is part of working safely.

Heat stress is much easier to prevent than to treat. Supervisors checking on their crews, employees speaking openly about how they're feeling, and crews recognizing when it's time to cool down are all examples of a strong safety culture. Looking out for one another and taking action early helps ensure everyone goes home healthy at the end of the day.

### Hazards

- Heat exhaustion and heat illness
- Dehydration
- Fatigue
- Reduced concentration and decision making
- Delaying cool down breaks
- Ignoring early signs of heat illness

### Words of Wisdom

You don't have to wait until someone is sick to take a break. The smartest crews cool down before heat becomes a problem.

### Pause and Think

- Are you drinking water before you feel thirsty?
- Would you recognize the early signs of heat stress in yourself or a coworker?
- Do you feel comfortable taking a cool-down break before you reach your limit?
- How can supervisors encourage crews to speak up when conditions become more demanding?
- What can our crew do today to prevent heat stress instead of reacting to it?

### Closing Thought

The strongest crews don't wait for someone to become overheated before taking action. They communicate, watch out for one another, and make smart decisions early. Preventing heat stress isn't about stopping work, it's about working in a way that keeps everyone safe and healthy.

**See Something • Say Something • Do Something**