



SHARP START



July 6 — Don't Wait Until Your Body Decides for You

Employees were working in an extremely hot area of the plant where temperatures and radiant heat significantly increased the risk of heat stress.

The Workers had identified heat stress on their JHA and customer safe work. They wore cool ice vests and took water breaks to prevent Heat illness. Good job of being aware of the hazards in the work Area even the unseen ones.

Heat stress doesn't happen all at once...

It builds one decision at a time.

Employees were working in an area of the plant where extreme temperatures created a high risk for heat stress. Instead of waiting until someone became overheated or began showing symptoms, the crew recognized the conditions before work started and took steps to reduce the risk.

Cooling vests were worn, water was readily available, and planned breaks were taken throughout the job. By adjusting how the work was performed not just pushing through the heat the crew was able to complete the task safely.

One of the biggest mistakes employees make during hot weather is believing they can "push through it." Heat stress often develops gradually, making it easy to overlook early warning signs. Fatigue, dehydration, and reduced concentration don't just affect your body they also affect your judgment, reaction time, and ability to recognize hazards.

Taking a short break to cool down isn't a sign of weakness it's part of working safely.

Hazards

- Heat stress and heat exhaustion
- Dehydration
- Reduced concentration and slower reaction time
- Fatigue
- Increased risk of mistakes and injuries

Words of Wisdom

You can't outwork heat you have to outsmart it. Plan ahead, stay hydrated, take breaks, and watch for changes in yourself and your coworkers before heat stress becomes a medical emergency.

Pause and Think

- What are some early signs that you or a coworker may be experiencing heat stress?
- Have you ever pushed through the heat longer than you should have? What happened?
- How can planning breaks and hydration improve both safety and productivity?
- Why is it important to look out for coworkers when working in hot environments?
- What adjustments can be made to reduce heat exposure before work even begins?

Closing Thought

The best time to prevent heat stress is before anyone feels its effects. Recognize the conditions, adjust the plan, and take care of yourself and your team.

See Something • Say Something • Do Something