



Avoiding Heat Stress Safety Meeting

It's true that warm weather increases the number of heat-stress injuries and illnesses, but warm weather isn't the only cause of heat stress.

- Six main factors create heat stress: Temperature, Humidity, Movement of air, Radiant temperature of the surroundings, Clothing, and Physical activity
- Adjusting to these factors and/or controlling them reduces the chance of heat stress.
- Your body can adjust to working in a warm environment through a process known as "acclimatization." Acclimatization processes involve gradually increasing the amount of time you spend working in a hot environment. This gradual increase allows your body to properly adjust to the heat
- Conditions can change, which stresses your body even more. Bright sunshine, high humidity, and sources of heat in the workplace can affect your body's ability to cool itself.
- Engineering controls can be implemented to reduce the possibility of heat stress.
 - Controlling the heat source through use of insulation and reflective barriers
 - Exhausting hot air or steam away from the work area
 - Using air-conditioning
 - Using air-conditioned rest areas
 - Using fans to circulate the air
 - Reducing the physical demands of the work by using mechanical equipment
- Administrative controls are also effective to prevent heat stress injuries
 - Increasing the frequency and duration of rest breaks
 - Scheduling tasks to avoid heavy physical activity during hottest parts of the day
 - Providing cool drinking water or an electrolyte-replacement drink, and encouraging its consumption
 - Using additional workers for the job or slowing down the pace of the work
 - Making sure everyone understands the signs and symptoms of heat stress
- Common sense precautions, such as dressing properly for the job, include:
 - Wearing lightweight clothing, which allows moisture to evaporate quickly
 - Wearing reflective clothing or cooling suits for jobs that require them
 - Using extra caution if you are required to wear clothing on the job that limits evaporation ~ you could succumb to heat stress much more quickly

Avoiding Heat Stress Safety Meeting Test

Name: _____ Date: _____

1. Which of the following are not main factors of heat stress?
 - a. Temperature
 - b. Humidity
 - c. Air Pressure
 - d. Physical Activity
2. What is the term for when your body has to get used to the heat gradually?
 - a. Privatization
 - b. Acclimatization
 - c. Acceleration
 - d. Climatization
3. The following are examples of engineering controls that reduce exposure to heat stress EXCEPT?
 - a. Increasing the frequency and duration of rest breaks
 - b. Using air-conditioning
 - c. Using fans to circulate the air
 - d. Reducing the physical demands of the work by using mechanical equipment
4. Which of the following are administrative controls that help reduce heat stress?
 - a. Using additional workers for the job or slowing down the pace of the work
 - b. Increasing the frequency and duration of rest breaks
 - c. Providing cool drinking water or an electrolyte-replacement drink
 - d. All of the Above
5. What are ways to dress safe in high heat conditions?
 - a. Wearing lightweight clothing, which allows moisture to evaporate quickly
 - b. Wearing reflective clothing or cooling suits for jobs that require them
 - c. Using extra caution if you are required to wear clothing on the job that limits evaporation
 - d. All of the Above

Avoiding Heat Stress Safety Meeting Test Answer Key

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