

# SAFETY MEETING OUTLINES, INC.

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Almost every year, we publish a Weekly Safety Meeting on heat-related illnesses. This year, our safety calendar was filled with other subjects, so we'll give you a quick bonus Meeting here.

Here are the most common symptoms of heat exhaustion and heat stroke:

**Heat exhaustion:**

Cool, moist skin  
Heavy sweating  
Faintness  
Dizziness  
Fatigue  
Weak, rapid pulse  
Muscle cramps  
Nausea  
Headache

**Heat stroke:**

High body temperature  
Hot and dry or sweaty skin, depending on the situation  
Flushed skin  
Confusion, agitation, slurred speech, delirium, seizures  
Nausea and vomiting  
Rapid breathing  
Racing heart rate  
Headache

When you're dealing with heat illnesses, the difference between fact and fiction can be the difference between life and death. Remind your people about these facts and fictions:

**Fact or fiction? Heat stroke is not a real emergency. It can be treated with rest and ice water.**

FICTION. If you suspect heatstroke, call 911. Take the victim to a cool location and try to get their body temperature down while you're waiting for the ambulance. You can put ice packs on the victim's groin, neck, back, and armpits. If you're able to cool them down, you may save their life.

**Fact or fiction? Heat stroke victims don't sweat, so if the victim is sweaty, it's not an emergency.**

FICTION. While it's true that heat-stroke victims often stop sweating, they may sweat profusely if the heat stroke was brought about by heavy exertion.

**Fact or fiction? If you have cardiovascular disease or diabetes, you have a higher risk for developing heat exhaustion or heat stroke.**

FACT. People who live with cardiovascular disease and diabetes are more likely to experience heat exhaustion and heat stroke. Other circumstances—like drug and alcohol use, obesity, or pregnancy, for instance—can also change the way your body copes in the heat.

When you have to work in the heat, stay hydrated and take frequent short breaks in a cool place.

**Safety Meeting Outlines, Inc.**

## This Month's Meetings

365 - Breathing Easy  
252 - Electrical Hazards  
214 - Unsafe Acts  
345 - Preventing Back Injuries

## Next Month's Meetings

142 - Rigging  
144 - Slings, Chokers, & Wire Rope  
173 - Burns I  
174 - Burns II  
063 - Fire Extinguishers and Fire Prevention  
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