



**AGC**  
ALABAMA

**CompTRUST**AGC  
Managing Your Risk

**Please Host A**  
**Safety Meeting/Tool Box Talk**  
on May 31st  
Focusing on **Heat Illness Awareness**

**Everyone on a construction site should know  
how to prevent heat related illnesses!**

Construction jobsites and other workplaces across America are being asked to host a **Safety Meeting/Tool Box Talk** focusing on **heat illness prevention** on May 31st.

Alabama AGC and CompTrust AGC are strong supporters of OSHA's campaign to educate field employees on the dangers of heat illness and how to look for warning signs in fellow employees.

This time of year can be brutal on construction employees in Alabama. Heat illnesses can be deadly, but they are preventable with the proper education and team work. Take some time to educate your employees on the dangers of working outdoors and the precautions which can save their lives.

OSHA has provided a training guide to assist you in which can be found on OSHA or AlabamaAGC websites or by clicking on the links below.

**OSHA Heat Illness Training Guide**

<https://www.osha.gov/SLTC/heatillness/index.html>

**OSHA Quick Card—Heat Stress**

<https://www.osha.gov/Publications/osha3154.pdf>

For More information, please contact  
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## WORKING IN THE SUMMER HEAT

This is OSHA's fifth year implementing its Heat-Illness Prevention Campaign. More resources are available on OSHA's website in English and Spanish and even an app to download to your phone to calculate the heat index and provide recommendations based on your risk level. Check out [www.osha.gov/heat](http://www.osha.gov/heat) for training and other educational resources.

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Heat-related illnesses can be deadly. Thousands become sick every year and many die due to preventable heat-related illnesses. With summer temperatures rising, now is the best time to prepare for working outdoors in excessive heat by following a few simple steps

### HEAT-RELATED ILLNESS: KNOW THE SIGNS

It's important to know the signs of heat-related illness—acting quickly can prevent more serious medical conditions and may even save lives.

**Heat Stroke** is the most serious heat-related illness and requires immediate medical attention. Symptoms include: confusion, fainting, seizures, very high body temperature and hot, dry skin or profuse sweating. **CALL 911** if a coworker shows signs of heat stroke.

**Heat Exhaustion** is also a serious illness. Symptoms include: headache, nausea, dizziness, weakness, thirst and heavy sweating. **Heat fatigue**, and **heat rash** are less serious, but they are still signs of too much heat exposure.

If you or a coworker has symptoms of heat-related illness, **tell your supervisor right away**. If you can, move the person to a shaded area loosen his/her clothing, give him/her water (a little at a time), and cool him/her down with ice packs or cool water.

### TO PREVENT HEAT ILLNESS:

#### WATER.REST.SHADE.

Drink water every 15 minutes, even if you are not thirsty.

Rest in the shade to cool down.

Wear a hat and light-colored clothing.

Learn the signs of heat illness and what to do in an emergency.

Keep an eye on fellow workers.

Acclimate – "easy does it" on your first days of work; be sure to get used to the heat and allow yourself to build up a tolerance. Not being used to the heat is a big problem. Many of the people who died from heat stress were either new to working in the heat or returning from a break. If a worker has not worked in hot weather for a week or more, their body needs time to adjust.