

Toolbox Talks are intended to facilitate worksite health and safety conversations. For more Toolbox Talks, please visit www.ergodyne.com/blog

Common HRIs include:

TREATMENT: Dry skin off, rest in a shaded area, and rehydrate.

TREATMENT: Rest and do some light, static stretching (no bouncing or straining) and drink an electrolyte solution to replace lost nutrients.

NOTE: If heat exhaustion has progressed into a more serious condition, fluid replacement via IV may be necessary and the worker should get to a healthcare facility immediately.

TREATMENT: Body temperature must be lowered below 102 degrees within 30 minutes of collapse. Get to a healthcare facility immediately. Douse yourself in cold water or place wet towels can be placed over your entire body.

[illegible]