



RESPONDING TO HEAT EMERGENCIES

TOOLBOX TALK SERIES – FIRST AID

July 2025

Video Link: [Heat Exhaustion and Heat Stroke from the National Safety Council](#)

After the video, we'll discuss how this applies specifically to your roles in the Town of Perinton.

Working in hot environments—especially outdoors in summer or near heat sources—puts employees at risk of **heat-related illnesses**. These conditions can range from mild heat cramps to life-threatening heat stroke. Early recognition and quick action can save lives.

Types of Heat-Related Illnesses & Emergency Response

1. Heat Cramps

- **Symptoms:** Painful muscle spasms, usually in legs or abdomen.
- **Action:**
 - Move the person to a cooler area.
 - Have them sip cool water or a sports drink.
 - Stretch and gently massage the affected muscles.

2. Heat Exhaustion

- **Symptoms:** Heavy sweating, weakness, dizziness, nausea, headache, pale/clammy skin.
- **Action:**
 - Move to a cool, shaded or air-conditioned area.
 - Loosen clothing and apply cool, wet cloths.
 - Have them sip water slowly.
 - Monitor — if symptoms worsen or don't improve in 30 minutes, seek medical help.



3. Heat Stroke (*Medical Emergency — Call 911!*)

- **Symptoms:** Hot, dry skin or profuse sweating; confusion; fainting; high body temperature (103°F+); seizures.
 - **Action:**
 - Call 911 immediately!
 - Move the person to a cool area and remove excess clothing.
 - Try to cool them down quickly with ice packs (armpits, groin, neck) or by fanning and spraying cool water.
 - Do **not** give anything to drink if the person is unconscious or confused.
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Key Prevention Tips

- Drink plenty of water throughout the day — don't wait until you're thirsty.
 - Take regular breaks in the shade or a cool area.
 - Wear lightweight, light-colored, breathable clothing.
 - Watch out for each other — use the **buddy system**.
 - Know the signs — and act **fast** if someone seems in distress.
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Discussion Questions

1. Has anyone ever experienced a heat-related illness at work?
2. Where is the nearest first aid kit, water station, and phone to call 911?
3. Do you know who on-site is trained in first aid?

