



Heat Stress Awareness

Help crews recognize symptoms early and stay hydrated in high-heat conditions.

5-minute toolbox talk

Use this sheet alongside the video preview to lead a quick field discussion before work begins.

<ul style="list-style-type: none">• High temperatures, direct sun, and heavy PPE• Dehydration from missed water breaks• Fatigue, dizziness, headache, or muscle cramps• New or returning workers not yet acclimated to heat	<ul style="list-style-type: none">• Drink water before, during, and after the shift• Take shaded or cooled rest breaks at planned intervals• Watch for heat illness signs in yourself and coworkers• Report symptoms immediately and get medical help if severe signs appear

Supervisor checklist

<input type="checkbox"/> Review forecast and high-heat tasks before work begins
<input type="checkbox"/> Set up water, shade, and break reminders for crews
<input type="checkbox"/> Pair newer workers with experienced teammates during hot days
<input type="checkbox"/> Pause or adjust work if heat conditions become unsafe

Safety reminder: If someone is confused, stops sweating, or collapses, treat it as an emergency and call for help.

Attendance sign-in

Worker name	Signature	Date



Safety Brief

Toolbox Talks as a Service
