



# Safety Talk

## Heat Exhaustion



### RECOGNIZE THE SIGNS

- Heavy sweating
- Weakness or dizziness
- Headache and nausea
- Cool, clammy skin

### TAKE ACTION

- Move to a cool area
- Hydrate with water
- Rest and remove excess gear
- Apply cool cloths



### PREVENT HEAT EXHAUSTION

- Stay Hydrated
- Drink plenty of water
- Take breaks
- Rest in the shade
- Dress Smart
- Wear light, breathable clothing
- Be aware
- Watch for symptoms



**Your health matters – Stay cool & safe**

DATE:

FACILITY:

SAFETY TALK LEAD BY:

DEPARTMENT:

DISCUSSION QUESTIONS:

Do you drink enough water throughout the day?

What is something you do to keep cool on a hot day?

| EMPLOYEE CONCERNS &<br>IDEAS FOR IMPROVEMENT: |
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| EMPLOYEES PRESENT: |
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| FOLLOW UP ON CONCERNS: |
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If you have any feedback on the Safety Talks program or a suggestion for a Safety Talk, please contact a member of the Wellness & Safety Team or email [healthpeihr@ihis.org](mailto:healthpeihr@ihis.org)

**Safety Talks can be found on the Staff Resource Centre at:**  
<https://src.healthpei.ca/safety-talks>