



WEDNESDAY, 5/6/2026 TOOLBOX TALK:

# HEAT ILLNESS PREVENTION

**Working in Hawaii's heat puts everyone at risk.** Heat-related illnesses can develop quickly, affecting focus, coordination, and decision-making, leading to serious injuries. What starts as cramps or fatigue can escalate fast. Recognizing the signs early and taking action protects you and your crew.

## SYMPTOMS TO WATCH FOR

- **Heat Rash:** Red bumps on skin
- **Heat Cramps:** Muscle spasms in arms, legs, or abdomen
- **Heat Exhaustion:** Heavy sweating, dizziness, headache, nausea, weakness
- **Heat Stroke (Emergency):** Confusion, fainting, seizures, high body temperature

## ACTION STEPS

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- **Hydrate:** Drink water often—about 1 cup every 15 minutes
- **Rest:** Take breaks in shaded or cool areas
- **Look out:** Use a buddy system and check on your crew
- **Dress right:** Wear light clothing and sun protection
- **Adjust work:** Slow down or shift schedules during extreme heat

**Heat safety is everyone's responsibility. Stay alert, stay hydrated, and look out for one another.**