

# 2026 | June Safety Moment – Heat Stress

For the June Safety Moment, we would like to proactively address heat exposure as it is preventable and ignoring the warning signs could lead to serious injury.

## ▪ The four stages of Heat Exposure (least to most severe) are:

- Heat Fatigue (heavy sweating and physical/mental exhaustion)
- Heat Cramps (excessive sweating with cramps in abdomen or legs)
- Heat Exhaustion (cool skin to touch, fatigue, nausea, cramping, dizziness, etc.)
- Heat Stroke (hot skin to touch, unconsciousness, rapid pulse, confusion, etc.)

## ▪ If you notice symptoms of heat stress, act immediately:

- Move person(s) to a cooler location (shaded or indoor area with good circulation)
- Increase water intake and spray, sponge or shower individual(s) with cool water
- Loosen any tight clothing to help breathing
- Call 911 immediately if the signs of Heat Stroke are present as medical attention is critical to prevent permanent loss or injury

## ▪ Prevention:

- Adjust start times to begin early morning and end early afternoon
- Implement documented hydration logs
- Establish required work rest cycles (45/15, 30/30, 15/45)
- Deploy cooling trailers to site

