

HEAT AND COLD INJURY PREVENTION

For Service Technicians



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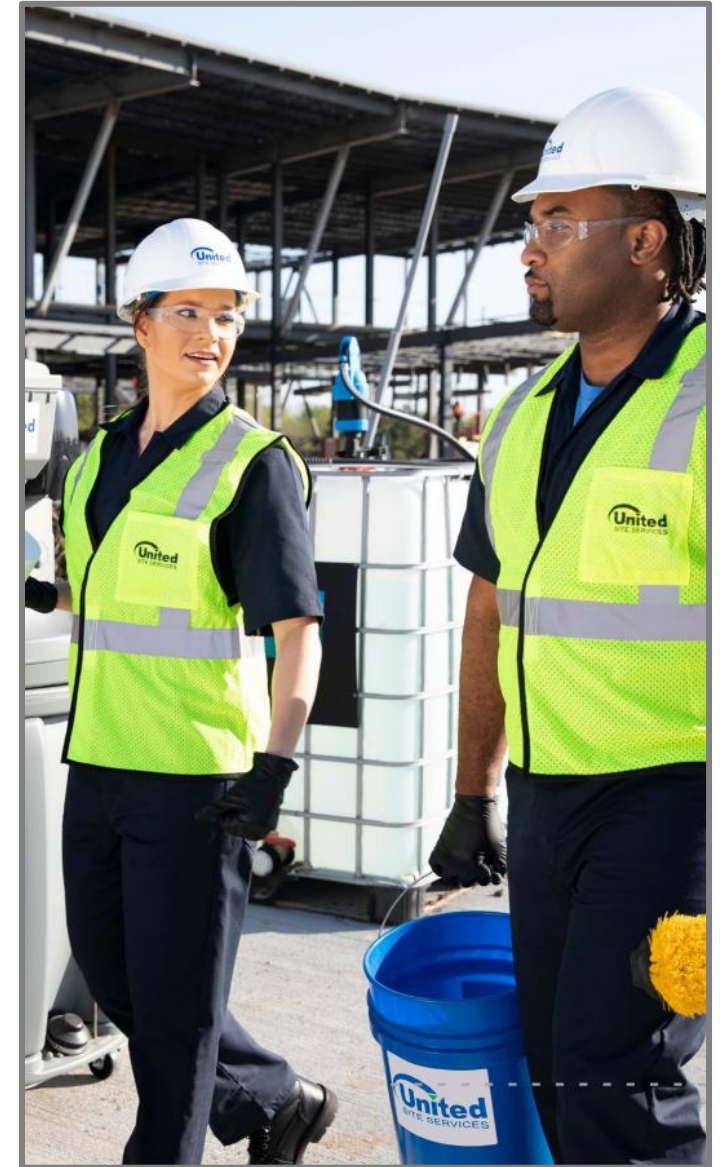
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WELCOME!

Working outdoors means you face extreme temperatures—both hot and cold. These can lead to serious injuries if you're not careful.

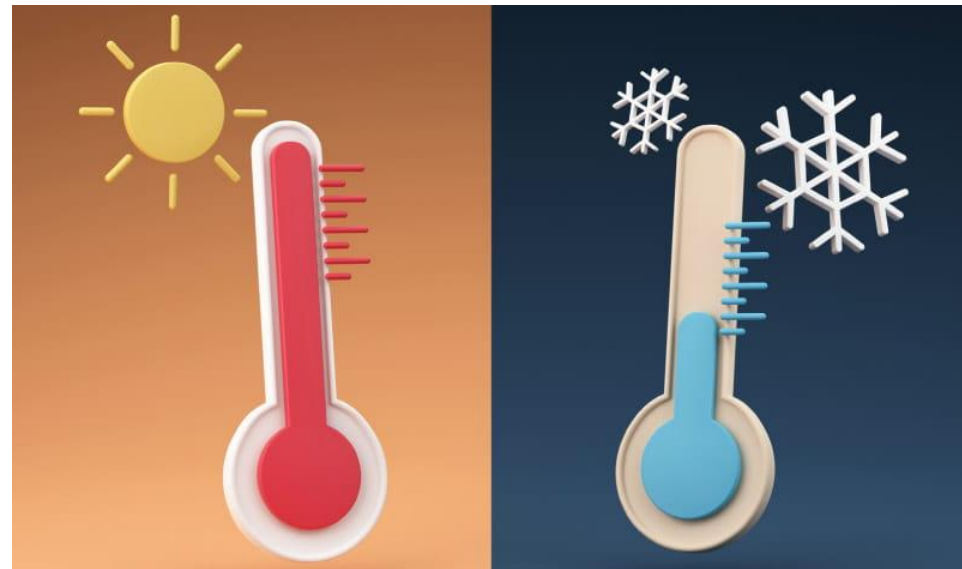
Today, we'll learn how to recognize, prevent, and respond to heat and cold injuries while performing your daily service routes.



WELCOME!

THIS TRAINING WILL COVER:

- Common heat-related injuries and warning signs.
- Cold-related injuries and how to prevent them.
- Best practices for hydration, clothing, and breaks.
- Immediate steps to take if you or a coworker show symptoms.



HEAT INJURIES

Heat Stress and Heat Exhaustion:

- Heat stress happens when your body can't cool down.
- Warning signs: Heavy sweating, dizziness, cramps, nausea.
- Why it matters for techs: Servicing units means moving, bending, and carrying equipment in direct sun.



HEAT INJURIES

Heat Stroke (Critical Emergency):

- Signs: Hot/dry skin, confusion, loss of consciousness.
- Heat stroke is typically associated with a core body temperature of 104°F (40°C) or higher.
- Immediate action: Call 911, move the person to shade, cool with water/ice.



HEAT INJURIES

How to Prevent Heat Injury:

- **Hydrate in advance:** Drink plenty of water the night before and throughout the day to stay ahead of dehydration.
- **Avoid alcohol and heavy caffeine:** These can dehydrate your body and increase the risk of heat stress.
- **Wear proper clothing and take breaks:** Use light, breathable PPE, and rest in shaded or cool areas when possible.

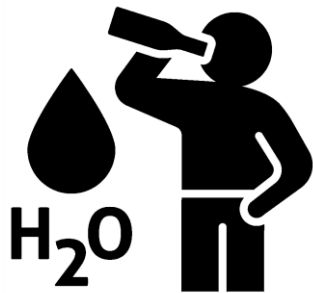


LET'S REVIEW

What are some ways to prevent heat injury.

Hydrate in Advance

Drink plenty of water the night before and throughout the day to stay ahead of dehydration.



Avoid Alcohol and Heavy Caffeine

These can dehydrate your body and increase the risk of heat stress.



Wear Proper Clothing and Take Breaks

Use light, breathable PPE, and rest in shaded or cool areas when possible.



COLD INJURIES

Frostbite and Hypothermia:

- Frostbite signs: Numb, pale, hard skin (fingers, ears).
- Hypothermia signs: Shivering, slurred speech, fatigue.
- Why it matters for techs: Winter routes expose you to wet clothing and freezing temps.



COLD INJURIES

Prevention:

- Layering clothing, waterproof gloves, insulated boots.
- Keep a dry set of gloves in the truck.
- And make sure you have covered exposed skin.



COLD PREVENTION HABITS

Hydration & Rest:

- Drink water even if you're not thirsty (especially in heat).
- Take breaks in shade or a warm truck when needed.
- Avoid energy drinks—they dehydrate.

PPE & Clothing:

- Use high-vis vests with breathable material for summer.
- Insulated PPE for winter.

IF YOU FEEL SYMPTOMS

What To Do If You Feel Symptoms:

- Exercise stop-work authority immediately.
- Find shade or warmth.
- Notify your supervisor.

Buddy System:

- Check on each other, especially on extreme days.
- Report unsafe conditions (frozen steps, icy truck beds).

LET'S REVIEW!

What's a sign of heat stroke?

Hot/dry skin, confusion, loss of consciousness.

Why is layering clothing important in winter?

Replace Several lighter layers trap heat better than one bulky jacket.

What should you do if you or a coworker feels dizzy in the heat?

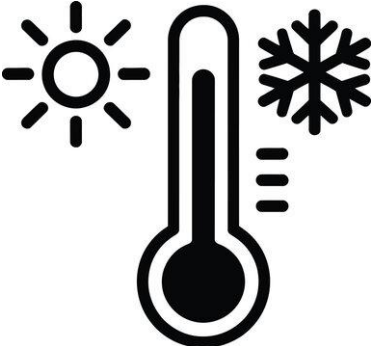
**Stop work right away.
Use your stop-work authority.**

SUMMARY

Key Takeaways:

Recognize the Signs

Recognize the signs of heat stress and cold exposure.



Take Action

Stay hydrated, dress correctly, and take breaks.



Report Symptoms

Report symptoms early—don't 'tough it out.'



REFERENCES

OSHA General Duty Clause – Section 5(a)(1) of the OSH Act

- Requires employers to provide a workplace “free from recognized hazards,” including **heat stress and cold stress**.
- Training is part of employer obligations to mitigate these hazards.

OSHA Technical Manual (OTM) – Section III, Chapter 4: Heat Stress

- Outlines training requirements for workers on recognizing signs, symptoms, and preventive measures for heat-related illnesses.

OSHA Cold Stress Guide

- Recommends training for employees on hypothermia, frostbite, and cold stress prevention strategies.

NIOSH Criteria for a Recommended Standard: Occupational Exposure to Hot Environments

- Emphasizes employer training programs to identify and prevent heat-related illnesses.

THANK YOU

Every Service Counts – please continue your training in the subsequent modules for your role!

