Heat Stress and How to Protect Yourself



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Speaker: Steven St. Laurent

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The 6 steps you must take to protect workers from heat stroke, heat exhaustion and other heat stress hazards.

The human body functions normally at a ‘core’ temperature of 36°C/98.6°F. If core temperature rises too high, serious or even fatal injuries can occur, including:

- **Heat rash** (aka, prickly heat or miliaria), a stinging skin irritation that turns skin red;
- **Heat cramps,** painful spasms in the muscles;
- **Heat exhaustion,** indicated by heavy sweating, a fast and weak pulse and rapid breathing; and
- **Heat stroke,** a life-threatening illness that occurs when body temperature rises above 41øC/106øF.

Heat stress is a hazard for outdoor work in the summer and for indoor work inside a heated environment at any time of the year. High-risk indoor operations include foundries, glass, brick, ceramics, rubber and chemical plants, mines, smelting, electrical utilities (especially in boiler rooms), steam tunnels, bakeries, confectioneries, food canneries and commercial kitchens and laundries.

Speakers Bio: Steven St. Laurent’s specialty is safety training that doesn’t bore you to death in English and Spanish. He also is the creator of OSHAFLIX: Videos to help with every safety meeting. Finally his company provides free online safety forms that eliminate clutter and scanning as well as help small and medium-size companies create proper documentation without being overwhelmed with paper.

Steve’s training career was born when he conducted his first classes (in Spanish) for a cement company across Northern Mexico in the first half of 2002. Since then he has conducted 100s of safety trainings for 1000s of people in construction and manufacturing companies in over 30 states across the U.S. and 2 states in Mexico, often for companies who have experienced a fatality.

Steve currently resides in central Massachusetts with his beautiful bride and their 3 children. He considers it an honor and a privilege to facilitate safety training as it is his passion.

Finally, Steve also presents as a **Keynote** and **Motivational Speaker** for safety conferences, corporate meetings, roundtables and other events on topics such as “How to Deliver Dynamic Toolbox Talks and Safety Training”, “Cracking the OSHA Nut”, “Safety Supervision and Leadership”, “How to have a clue regarding Cultural differences (Spanish/English)”, among other topics.