

TOOLBOX TALK for July 13th, 2026

Capenter's Training - Portland- July 25th MEWP/Aerial Lift
Ontario- July 29th, Forklift

The forecast for this week and most of the rest of the summer suggests we're in for some hot weather. High temperatures can be dangerous if we don't prepare. When we suffer from heat illness, our body's cooling system fails. Normal sweating cannot keep up with high heat and humidity. Our internal temperature rises past the safe point of 98.6°, which begins to overheat our cells, damaging our organs, quickly becoming a life-threatening emergency. Here's what happens if we don't stay cool and hydrated.

Our Bodies Fights Back

- **Heavy Sweating:** Our brain senses the heat. It pumps warm blood to our skin so heat can escape. We sweat heavily so evaporating water cools us off.
- **Salt Loss:** Sweating causes our body to lose water and essential salts (electrolytes) like sodium. Without these salts, our muscles spasm, causing painful **heat cramps**.

Our Systems Start to Fail (Heat Exhaustion)

- **Thick Blood & Blood Pressure Drop:** As we lose water, our blood gets thicker. Our heart beats faster to pump this thick blood around.
- **Lack of Fuel to the Brain:** Blood pools in our legs and outer skin. Less blood reaches our brain. This causes us to feel dizzy, weak, and nauseous.

We Enter an Emergency Stage (Heatstroke)

- **Sweating Stops:** As we become severely dehydrated, our body's sweating mechanism shuts down to save its last drops of water.
- **Dangerous Cell Overheat:** Our core temperature shoots past 104°F (40°C). At this high temperature, the proteins that power our body's cells melt and lose their shape, like an egg white frying in a pan.
- **Organ Damage:** Because our body cannot cool itself, our brain, heart, and kidneys start to bake. We may experience confusion, slurred speech, seizures, or even fall into a coma.

Knowing how serious the consequences could be, we want to stay ahead of heat related illness by keeping cool and restoring fluids in our bodies.

Remember to drink plenty of water and stay cool when the temperature rises. Our wellbeing depends on it.

Tips on heat related illness, hydration, and wildfire smoke can be found at www.fsstools.com. Stay informed and stay cool as the weather heats up.

[Toolbox Talk Submission](#)