



Hydration and Heat Stress Prevention

What this Safety Talk Covers:

The “Dos” and “Don’ts” for working safely when temperatures are high at the worksite.

Discussion Notes:

Discuss the outcomes of the “Dos” and “Don’ts.”

- Do**
- ✓ Drink water regularly throughout your shift, even if you’re not thirsty. Aim for a cup every 15-20 minutes during hot conditions. Hydration needs increase when working near hot equipment or inside confined spaces at refineries.
 - ✓ Monitor for early signs of heat stress, such as dizziness, confusion, or excessive sweating, especially when working in flame-resistant (FR) clothing, which reduces your body’s ability to cool itself.
 - ✓ Take breaks in shaded or air-conditioned rest areas whenever possible. At well sites and pipe yards, coordinate with supervisors to rotate crews during peak heat.
 - ✓ Use electrolyte replacements like sports drinks when sweating heavily, especially during long shifts with heavy lifting or when climbing ladders and rigs.
 - ✓ Check on your coworkers throughout the day. In remote locations like pipeline right-of-ways, early intervention could prevent a medical emergency.
 - ✓ Report heat-related symptoms immediately to your supervisor or site medic. Waiting too long can lead to heat stroke, which is a medical emergency.
- Don’t**
- ✗ Wait until you’re thirsty to drink water. Thirst is a late sign of dehydration.
 - ✗ Rely on energy drinks or sodas to stay hydrated—they can worsen dehydration.
 - ✗ Ignore symptoms like confusion, nausea, or muscle cramps; these are red flags.
 - ✗ Skip breaks during high-heat hours just to finish early. In the oilfield, productivity should never come at the cost of safety.
 - ✗ Wear extra layers unless PPE requires it. Excess heat buildup under FR gear can become dangerous fast.
 - ✗ Assume you’re already acclimated to the heat. Acclimatization takes time, especially after days off or shift changes.





TEXAS OIL & GAS ASSOCIATION SAFETY TALKS

an initiative of the **TXOGA** Workers' Compensation Safety Group

Employee Quiz Hydration and Heat Stress Prevention

Employee Name: _____

Circle the correct answer below.

1. What's the recommended frequency for drinking water in hot conditions?
 - a. Only when you feel thirsty
 - b. Once an hour
 - c. A cup every 15 to 20 minutes
 - d. Only during scheduled breaks
2. Which of the following is an early warning sign of heat stress?
 - a. Slight chill
 - b. Blurred vision
 - c. Increased appetite
 - d. Muscle cramps
3. Why is FR clothing a heat stress risk factor in the oilfield?
 - a. It causes allergic reactions
 - b. It traps heat and reduces the body's ability to cool down
 - c. It's too lightweight for the job
 - d. It absorbs too much sweat
4. Where should breaks be taken during high-heat hours?
 - a. In shaded or cooled rest areas
 - b. Next to running equipment
 - c. Inside a vehicle with the windows down
 - d. On top of the rig
5. Thirst is an early sign that you're becoming dehydrated.
 - a. True
 - b. False

Training record: Date: _____ Jobsite/Facility: _____
Trainer: _____ Title: _____

TXOGA Safety Talks are provided for the benefit of Texas Oil & Gas Association members participating in the TXOGA Workers' Comp. Safety Group with Texas Mutual Insurance Company.