



SAFETY TALKS

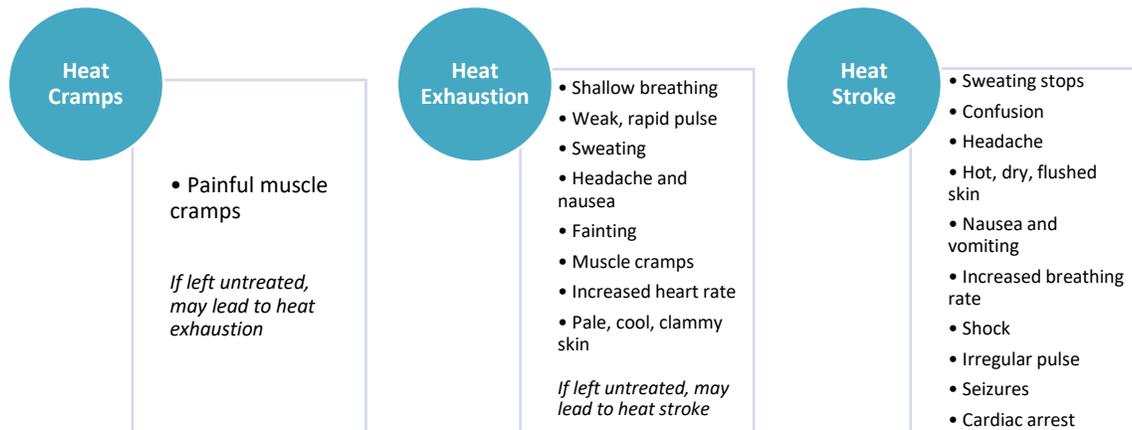
Heat Stress

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Working during hot summer months not only sounds terrible but can also pose many risks, such as heat stress. Heat stress occurs when the body no longer has enough water to cool itself down. This causes dehydration, increasing internal temperature. If the internal temperature exceeds 38°C, severe harm to the body or even death may occur. Factors that can contribute to this are increased temperature and humidity, personal protective equipment (PPE), physical work, and the work environment.

What's the Danger?

If heat stress is not identified and treated promptly, it can lead to multiple conditions that have serious effects on the body, such as:



The weather forecast indicates the outdoor temperature, but the humidex describes how hot and humid weather feels to the average person.

If the humidex is in the mid to high 30s, then you should limit or modify certain types of tasks and consider implementing your hot weather plan. An extremely high humidex reading is any reading over 40. In such conditions, reduce all unnecessary physical activity.

Range of Humidex – The Degree of Comfort





Safety Tips

Below are some helpful safety tips to help you beat the heat this summer:

- ✓ Drink plenty of fluids.
- ✓ Take breaks in a shaded and well-ventilated area.
- ✓ Wear loose-fitting, lightweight clothing made of breathable fabric.
- ✓ Focus on lighter activities whenever possible and leave physically demanding tasks for cooler periods.
- ✓ Do not ignore symptoms such as headache, nausea, dizziness, fainting, and confusion.
- ✓ Monitor yourself and your co-workers.

Measures to Treat Heat Stroke

- ✓ Move the person to a cool, shaded area.
- ✓ Loosen or remove heavy clothing.
- ✓ Provide cool drinking water.
- ✓ Call 911 immediately.

Demonstrate

Review who the first aiders are at your company. Show workers where they can get drinking water throughout the day, and where to access cool spots where workers can break and get a reprieve from the heat.

Discussion

Review your hot weather plan with workers. If unable to do so, create a plan with your safety and health committee or worker representative. Discuss how work procedures will change for periods of elevated temperatures.

