



The Informed Worker



Volume 16, Issue 07

July 2016

www.kasstaffing.com www.hrvision.ca

PROTECTING WORKERS FROM HEAT STRESS

Heat Illness

Exposure to heat can cause illness and death. The most serious heat illness is heat stroke. Other heat illnesses, such as heat exhaustion, heat cramps and heat rash, should also be avoided.

There are precautions your employer should take any time temperatures are high and the job involves physical work.

Risk Factors for Heat Illness

- High temperature and humidity, direct sun exposure, no breeze or wind
- Low liquid intake
- Heavy physical labor
- Waterproof clothing
- No recent exposure to hot workplaces

Symptoms of Heat Exhaustion

- Headache, dizziness, or fainting
- Weakness and wet skin
- Irritability or confusion
- Thirst, nausea, or vomiting

Symptoms of Heat Stroke

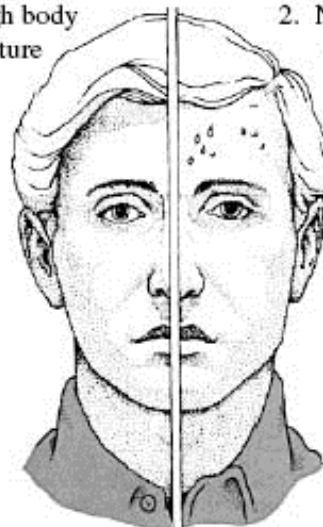
- May be confused, unable to think clearly, pass out, collapse, or have seizures (fits)
- May stop sweating

Heat Stroke

1. Dry, hot skin
2. Very high body temperature

Heat Exhaustion

1. Moist clammy skin
2. Normal or subnormal temperature



How You Can Protect Yourself and Others

- Know signs/symptoms of heat illnesses; monitor yourself; use a buddy system.
- Block out direct sun and other heat sources.
- Drink plenty of fluids.
- Drink often and BEFORE you are thirsty. Drink water every 15 minutes. •
- Avoid beverages containing alcohol or caffeine.
- Wear lightweight, light colored, loose-fitting clothes.



What to Do When a Worker is Ill from the Heat

- Call a supervisor for help. If the supervisor is not available, call 911. •
- Have someone stay with the worker until help arrives.
- Move the worker to a cooler/shaded area.
- Remove outer clothing.
- Fan and mist the worker with water; apply ice (ice bags or ice towels).
- Provide cool drinking water, if able to drink.

IF THE WORKER IS NOT ALERT or seems confused, this may be a heat stroke. CALL 911 IMMEDIATELY and apply ice as soon as possible



Belleville 613-969-1010

Burlington 905-632-8152

Concord 905-669-4159

Cambridge 519-622-7788

Hamilton 905-545-4656

Mississauga 905-677-3307

Ottawa 613-225-3330

Pickering 905-839-8998

Woodstock 519-788-2683