

WORKING IN EXTREME TEMPERATURES



PREVENTION

Complete a hazard assessment to identify work situations where heat is a hazard

Wear suitable clothing for the heat, using protective equipment designed to reduce heat stress



Establish a cooling station

Change the location or timing of work to where and when it is cooler



Ensure workers are trained to recognize and provide first aid for heat exposure



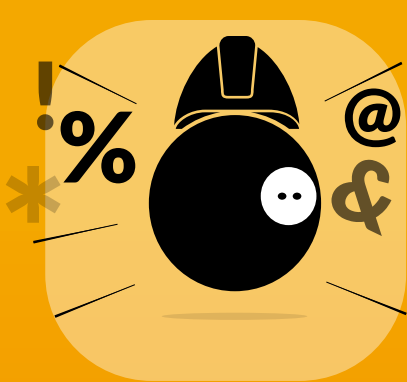
Drink 1 cup of water every 15 minutes



Use a work-rest schedule with extra breaks if needed

Minimize physical activity and allow an adjustment period to acclimatize in hot environments.

EARLY WARNING SIGNS OF HEAT STRESS



irritability



fainting, dizziness and fatigue



dehydration



headaches and confusion

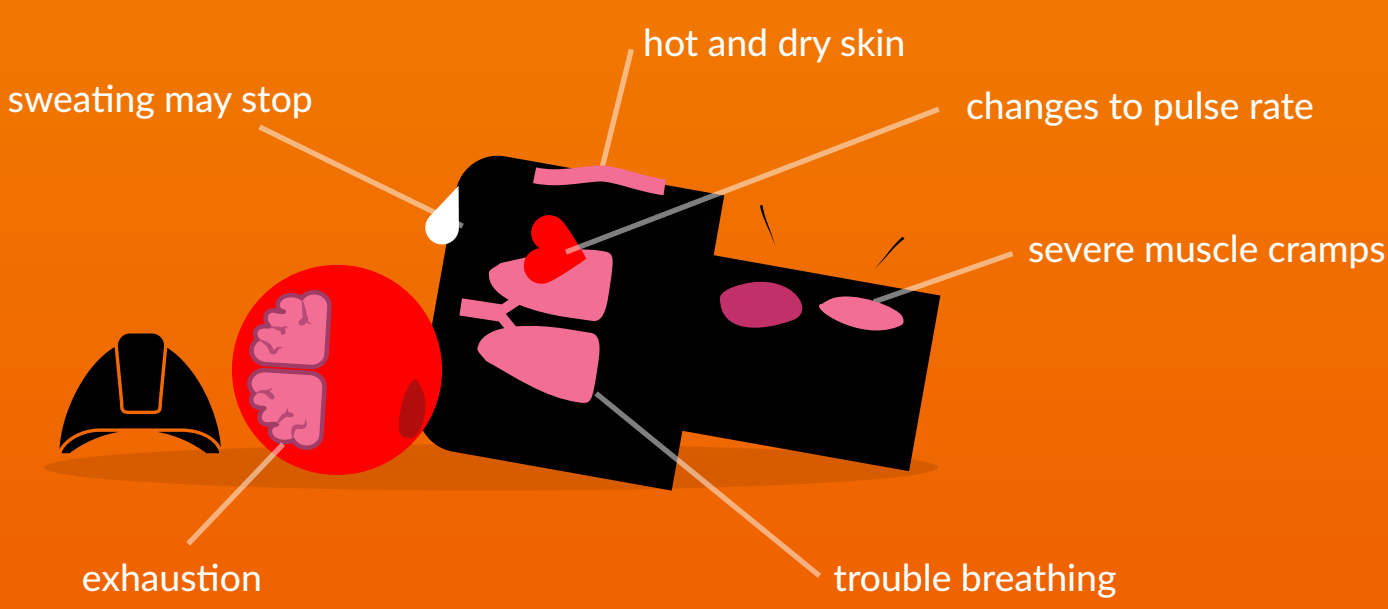


muscle cramps and sweating



heat rash

WORSENING SYMPTOMS



Untreated heat stress can lead to coma or death

WORKPLACE HEALTH AND SAFETY

Working in any environment you should expect:



Hazard assessment
with appropriate controls to protect workers.



Reporting channels
to identify unsafe working conditions.



Work procedures
that protect workers from the hazard



Health and safety training
to prevent workplace illness and injury

Do you have questions about workplace health and safety?

Occupational Health and Safety Contact Centre

1-866-415-8690