



STAY COOL AND HEALTHY THIS SUMMER!

- keep drapes and shades drawn to avoid radiant light from entering the room
- turn off lights, computers and other equipment where feasible and safe to do so
- wear loose fitting and light clothing
- limit the amount of time spent directly exposed to the sun
- acclimatize and adjust your pace to your work environment
- Be aware -- do not over exert yourself
- drink enough liquids before, during and after tasks to support your level of activity. If activity level is high or you are sweating, you should be drinking 250ml of water or electrolytes every 20 mins.
- eat a salty snack to assist in replenishing the body's salt levels
- take a break to cool down if you need it!

# Beat the Heat!

Avoid Heat-Related Illnesses Like:

- **Heat Rash**- red bumpy rash with severe itching
- **Heat Cramps**- painful cramps in the stomach, legs, arms, etc. (can be a warning sign of other heat-related illnesses)
- **Fainting**- sudden loss of consciousness, moist skin, weak pulse
- **Heat Exhaustion**- heavy sweating, moist skin, weak pulse, vomiting, nausea, blurred vision
- **Heat Stroke**- confused, acting strange, red/ hot skin, headache, dizziness, fainting and convulsing.

Acclimatization

The longer you work in a hot environment, the better your body adjusts to the heat. This is called “acclimatization”.

- To become acclimatized:
1. Build tolerance: Gradually increase the duration and/or work pace in the heat over a few days as your body adjusts.
  2. Build stamina: Instead of commencing with a high exertion level, increase the physical demands of the job over a week or two.

\*\*Monitor your own symptoms of heat stress. Individual tolerances may

Check out these websites:

- [http://www.labour.gov.on.ca/english/hs/pubs/gl\\_heat.php](http://www.labour.gov.on.ca/english/hs/pubs/gl_heat.php)
- [http://www.niagararegion.ca/living/health\\_wellness/workplacewellness/Sun-Safety.aspx](http://www.niagararegion.ca/living/health_wellness/workplacewellness/Sun-Safety.aspx)
- [http://www.dermatology.ca/sap/odw\\_program.html](http://www.dermatology.ca/sap/odw_program.html)
- [http://www.bam.gov/sub\\_yoursafety/yoursafety\\_sunproof.html](http://www.bam.gov/sub_yoursafety/yoursafety_sunproof.html)
- <http://www.ohcow.on.ca/menuweb/hhrplan.pdf>

Humidex Range	Comfort Level	Humidex Responses
20-29	Comfortable	25-29 - drink water as needed to remain hydrated
30-39	Some Discomfort	30-34 - drink extra water
	Watch for symptoms like nausea, vomiting, dizziness, blurred vision, etc. If they appear, seek medical attention	35-39 - drink 250mL of water every 20 mins. Take small cool breaks every hour of work depending on need.
40-45	Great Discomfort	40-41 - Limit heavy exertion and depending on need, take 15 mins relief per hour, as well as drinking water or electrolytes
	Watch for symptoms like nausea, vomiting, dizziness, blurred vision, etc. If they appear, seek medical attention	42-44 -Limit moderate and heavy exertion. Alternate with light work in a cool environment or a 30 min break period as needed. Drink lots of water or electrolytes
45+	Dangerous	45 or more - only medically supervised work can continue
54 +	Heat Stroke Imminent	54 or more - do not work in these conditions

For more information on heat stress, visit:  
[www.brocku.ca/hr-ehs/environment-health-safety](http://www.brocku.ca/hr-ehs/environment-health-safety)