

# HEAT NOTICE

## Temperatures Rising: Employees Should be Aware of the Risks of Heat Stress

For many, the heat of summer is a welcome change from a long, cold winter. However the current extreme temperatures and humidity can lead to heat stress and related health problems indoors and out. Whether working in direct sunlight or an enclosed workspace, heat can unduly challenge the body's natural cooling system. Excess sweating, physical work, overall fatigue or an existing medical condition can place even more stress on the body. In extreme cases, exposure can be fatal. To help prevent a heat related illness, employees should:

- 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!

Many organizations offer resources to help focus workplace efforts on prevention. The following are some links to review to ensure a safe working environment this summer. They include a sample Humidex/Heat Stress Response Plan and Humidex Calculator. For more information or to ask about a specific scenario, don't hesitate to call HR-EHS at x3274.

<http://www.ohcow.on.ca/menuweb/hhrplan.pdf>

<http://www.labour.gov.on.ca/english/hs/topics/heatstress.php>

<http://www.csgnetwork.com/canhumidexcalc.html>

[http://www.whsc.on.ca/pubs/res\\_lines2.cfm?resID=63](http://www.whsc.on.ca/pubs/res_lines2.cfm?resID=63)

<http://www.whsc.on.ca/products/hazard2.cfm?catID=78>

[http://www.ohcow.on.ca/menuweb/heat\\_stress\\_calculator.htm](http://www.ohcow.on.ca/menuweb/heat_stress_calculator.htm) (PC's only)

[Click here](#) for a copy of the "Beat Heat" information poster

[Click here](#) for a copy of the humidex chart and signs and symptoms information card