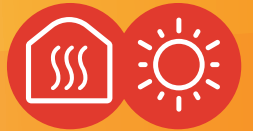


Heat Stress

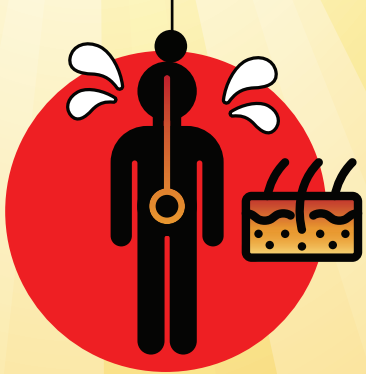


CAN BE DEADLY

Heat illness is serious and gets worse quickly.

DO NOT IGNORE **WARNING SIGNS AND SYMPTOMS**

Early signs include **heat rash, muscle spasms and thirst (dehydration)**, followed by:



- HIGH BODY TEMPERATURE
- HOT DRY SKIN
- EXCESSIVE SWEATING



- HEADACHE
- NAUSEA



- WEAKNESS
- EXHAUSTION



- BEHAVIOURAL CHANGES
- Angry • Irritable • Confused
- Slurred Speech, etc



- DIZZINESS
- FAINTING
- SEIZURES

PROTECT YOURSELF and OTHERS

[Employers Have a Responsibility to Protect Their Workers]



FUEL UP

Drink at least 1 cup of water (or diluted sports drink) every 15 to 20 minutes and snack healthy and often.



DRESS LIGHT

Wear loose-fitting, moisture wicking, UV protective clothing that is light in weight / colour (especially under PPE). Consider clothing with cooling technologies.



REST OFTEN

Seek shade or cooler temperature location (e.g. air conditioned break/lunch room).



PROTECT HEAD and EYES

Wear a wide-brimmed hat and UV sunglasses.



MONITOR HEAT

Adjust your work schedule according to weather forecasts and temperature readings.



BUDDY UP

Watch for signs of heat stress in co-workers.

! Having heat stress multiple times can lead to kidney disease, diabetes, metabolic syndrome, and obesity.

Report all heat stress concerns to your Supervisor or HS Rep.



Learn more about working in heat using our Heat Stress Toolkit:

