

## Why Talk about Heat Stress?

Exposure to high temperatures can contribute to burns, dehydration, heat stress, and heat exhaustion. Dehydration and heat exhaustion can lead to foggy thinking and errors in judgement with resulting safety concerns.

**Symptoms** – heat stress (excessive sweating, dizziness and nausea), which can lead to heat cramps, heat exhaustion (shallow breathing, accelerated heart rate, clammy skin, sweating, weakness, dizziness, fatigue, fainting) and heat stroke (hot, dry flushed skin, no sweating, confusion, decreased level of consciousness, nausea, vomiting, seizures, increased rate of breathing, irregular pulse, shock, and cardiac arrest.)

## What are some of the hazards associated with heat stress?

Heat stress may result from a hot environment, the work itself, or the worker.

### Environment:

- Exposure to hot air temperatures that heat the worker up
- Heat with high humidity makes it harder to cool down since sweat is less effective
- Radiant heat from direct or indirect sources of heat (a stove burner or the sun)

### The Work:

- Overexertion can increase temperature
- Hot work (such as welding) can create additional heat

### The Worker:

- Poor conditioning
- Poor health such as cardiovascular disease, obesity, advancing age
- Poor choice in clothing or PPE that traps heat in



The body does not perform properly when it becomes dehydrated.



Drink 2-3 L of water daily.  
Drink more water on hotter days.



## How can I reduce the risk of an injury?

Here are some tips for working safely and preventing an injury from occurring.

- Take frequent micro-breaks in a cooler location such as an airconditioned vehicle or trailer
- Use a fan to increase ventilation
- Incorporate heat shields at the worksite
- Move the work to a cooler location (in the shade)
- Drink plenty of fluids (at least 2-3 L of water a day, more on hotter days)
- Use sunscreen on exposed skin and long pants and sleeves to cover the skin
- Wear breathable clothing
- Use the correct gloves for the task
- Cool surfaces if possible
- **Use the hierarchy of controls and plan your work accordingly.**



MEETING DESCRIPTION			
Meeting Date:		Time:	
Location:		Supervisor:	
Number in Crew:		Number Attended:	
Attended By:			Absent

REVIEW ITEMS FROM PREVIOUS MEETING	INCIDENTS/INJURIES REVIEWED

TOPICS DISCUSSED
1.) <b>MSI – Hot Temperature – Heat Stress</b>

WORKERS CONCERNS

CORRECTIVE ACTIONS TO BE TAKEN

MEETING CONDUCTED BY			
Supervisor:		Manager:	
Date:		Date:	