

# HEAT STRESS

**HOT, SUNNY DAYS ARE UPON US WHICH IS NICE AT HOME OR AT THE LAKE. HOWEVER, ELEVATED HEAT AT THE WORKPLACE CAN BE CAUSE FOR CONCERN AS THERE IS POTENTIAL FOR WORKERS TO GET HEAT-RELATED ILLNESSES LIKE HEAT STRESS.**

## **CONSIDER THIS:**

- 1) KNOW THE SIGNS THAT INDICATE YOU MAY HAVE HEAT STRESS**
- 2) KNOW WHAT TO DO IF YOU OR A CO-WORKER HAS HEAT STRESS**
- 3) KNOW HOW TO PREVENT HEAT STRESS**



**BC Forest Safety**

Safety is **good** business

# HEAT STRESS



## 1) SOME SIGNS OF HEAT STRESS MAY INCLUDE:

- EXTREMELY HIGH BODY TEMPERATURE.
- HOT, DRY, SKIN – AN INABILITY TO COOL THE BODY THROUGH PERSPIRATION, THIS MAY CAUSE THE SKIN TO FEEL DRY.
- INCREASED HEART AND RESPIRATION RATES AS BLOOD PRESSURE DROPS AND THE HEART ATTEMPTS TO MAINTAIN ADEQUATE CIRCULATION.
- THROBbing HEADACHE, NAUSEA OR VOMITING DUE TO DEHYDRATION.
- WEAKNESS, FAINTING OR DIZZINESS – ESPECIALLY IF STANDING POSITION IS ASSUMED QUICKLY.
- MUSCLE CRAMPS.
- DARK-COLOURED URINE – A SIGN OF DEHYDRATION.
- CONFUSED, HOSTILE, OR SEEMINGLY INTOXICATED BEHAVIOUR.
- PALE OR BLUISH SKIN COLOUR IN ADVANCED CASES DUE TO CONSTRICTED BLOOD VESSELS.

## 2) WHAT TO DO IF YOU SUSPECT YOU OR A CO-WORKER HAS HEAT STRESS

- IMMEDIATELY GET MEDICAL AID.
- MOVE TO AN AIR-CONDITIONED ENVIRONMENT OR AT LEAST A COOL, SHADED AREA.
- LOOSEN OR REMOVE UNNECESSARY CLOTHING.
- DRINK PLENTY OF COOL WATER.
- FAN AND SPRAY WORKER WITH COOL WATER.

## 3) WAYS TO PREVENT HEAT STRESS INCLUDE:

- SCHEDULE JOBS IN THE MORNING OR EVENING WHEN TEMPERATURES ARE COOLER.
- ACCLIMATIZE WORKERS BY EXPOSING THEM TO PROGRESSIVELY LONGER PERIODS OF HOT WORK.
- USE RELIEF WORKERS OR ASSIGN EXTRA WORKERS FOR PHYSICALLY DEMANDING JOBS.
- TAKE EXTRA REST PERIODS AND WATER BREAKS IN COOL AREAS.
- WEAR LIGHT-COLORED, LOOSE-FITTING, BREATHABLE CLOTHING SUCH AS COTTON AND AVOID SYNTHETIC FABRICS.
- DRINK WATER FREQUENTLY, ABOUT 1 CUP EVERY 15 TO 20 MINUTES. AVOID DRINKS WITH LARGE AMOUNTS OF CAFFEINE OR SUGAR. CLEARER-COLOURED URINE WILL INDICATE APPROPRIATE HYDRATION.