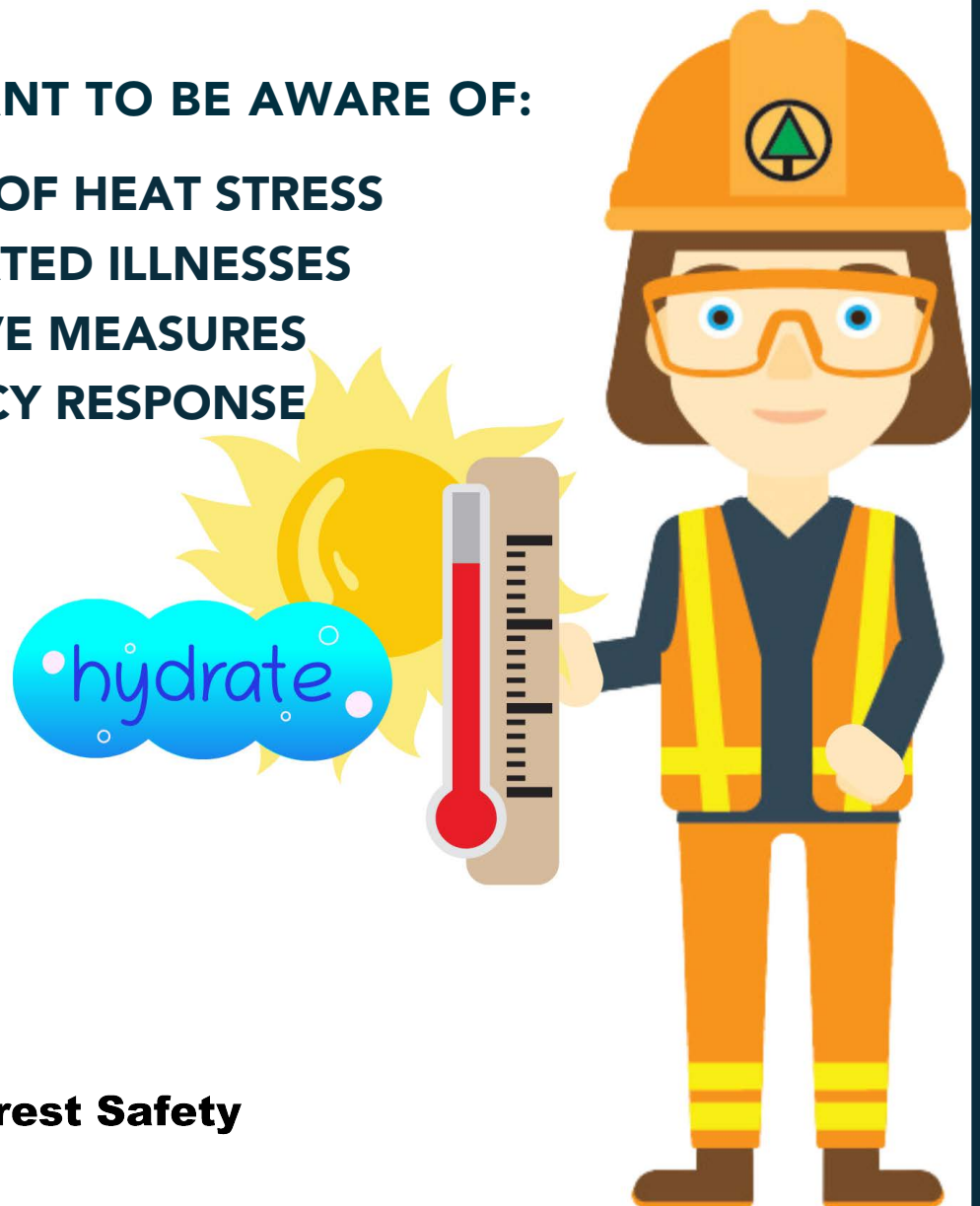


# HEAT STRESS MANAGEMENT

The summer heat will soon be upon us. Weather predictions are calling for a “sizzling summer” with “very warm, dry” conditions. This is a timely reminder to prepare for potential work-related heat concerns.

## IT IS IMPORTANT TO BE AWARE OF:

- THE RISKS OF HEAT STRESS
- HEAT RELATED ILLNESSES
- PREVENTIVE MEASURES
- EMERGENCY RESPONSE



**BC Forest Safety**

# HEAT STRESS MANAGEMENT



## THE RISKS OF HEAT STRESS

Heat stress poses significant risks to health, including heat exhaustion and heat stroke. These dangers aren't limited to outdoor workers; those in industrial settings face additional risks from high temperatures, humidity, heat-generating equipment, and physical exertion leading to fluid loss through sweating.

Early recognition of symptoms is crucial for prompt treatment and prevention of serious complications.

## HEAT RELATED ILLNESSES

- **Heat rash** – red bumps on skin caused by hot, humid environments and plugged sweat glands
- **Heat cramps** – muscle pain due to salt imbalance from heavy sweating
- **Fainting** – caused by fluid loss and not drinking enough water
- **Heat exhaustion** – heavy sweating, body weakness, nausea and elevated body temperature.
- **Heat stroke** – reddened skin, rapid breathing and heart rate, confusion/delirium, slurred speech. Some may lose the ability to sweat while others may sweat profusely.

## PREVENTATIVE MEASURES

- Stay hydrated. Supplement hydration if you are sweating heavily with electrolytes to maintain your body's proper mineral balance. **Don't wait until you're thirsty. If you wait that long.... you're already dehydrated.**
- **Wear light, breathable clothing, hat, sunglasses, sunscreen.**
- Take micro breaks in a cool, well ventilated area.

## HEAT RELATED ILLNESSES

Immediate actions should be taken for all heat related illnesses.

- Remove the person from the heat. Get them to a cooler area.
- Remove any tight clothing.
- If the person is alert, give them a cool drink.

Heat stroke is a medical emergency. In addition to the actions listed above, call 911 and follow the directions of emergency medical personnel.

## REMEMBER

**If you notice signs of heat related illness either within yourself, or a workmate, contact first aid immediately.**

Scan the QR code and  
subscribe to receive  
BCFSC Crew Talks

