



INDUSTRY

SAFETY ALERT

Working Safely in the Heat

Your body works best between **36°C and 38°C**. When it gets too hot, sweating helps cool you down but sometimes that's not enough. If your body heats up faster than it can cool off, you could suffer from **heat stress**, which can lead to serious illness or injury.



Watch for These Signs of Heat Stress:

- Heavy sweating
- Dizziness or light-headedness
- Nausea or feeling sick

If you notice these signs, **stop working and cool down immediately**.



What Causes Heat Stress?

1. The Environment

- Hot air temperatures (especially hotter than your skin)
- Direct sunlight or heat reflecting off surfaces like pavement or kilns
- High humidity (makes it harder to sweat and cool down)

2. The Work

- Hard physical work creates more body heat

3. The Worker

- Not used to working in heat
- Health issues (like obesity or certain medical conditions)
- Wearing too much or the wrong kind of PPE
- Not drinking enough water



BC Forest Safety

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How to Stay Safe

- **Take breaks** in the shade or an air-conditioned space
- **Drink water often** - don't wait until you're thirsty
- **Wear light-coloured, breathable clothing**
- **Use cooling supplies** like cold water, wet cloths, or ice packs
- **Don't push through** if you feel dizzy or sick—heat stress is serious
- **Wear a hat and sunscreen** to prevent sunburn



Helpful Resources

1. [WorkSafeBC Heat Stress Page](#) – includes a new [screening tool](#)
2. [Fit to Work](#) – tips on hydration and nutrition for forestry workers
3. [Hydration Poster](#) – a quick guide to staying hydrated on the job