



SAFETY ALERT & BULLETIN OF THE MONTH

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Managing Heat Stress

AOM: 2025-07-16

Working outside in the summer heat is necessary in many forestry jobs. However, prolonged and/or frequent exposure to high temperatures can have negative health effects and can lead to a serious injury or incident. Take a look at the following tips on how to mitigate the effects of heat stress.

Health Impacts:

- 1) **Heat Disorders** – Cramps, heat exhaustion and heat stroke are examples of heat caused disorders. Early recognition and treatment are important. Heat stroke is a medical emergency and is potentially life threatening. [See WorkSafeBC's Heat Stress page for more info.](#)
- 2) **Health Effects** – Heat can impact pre-existing medical conditions and cause them to worsen. This includes both mental and physical health conditions. Some medications can also cause workers to be more susceptible to the negative effects of heat and sun exposure.
- 3) **Mental Health Impacts** - High temperatures increase stress and irritability and can lead to poor decision making. For workers already managing mental health challenges, the upset condition created by heat stress can make things worse.
- 4) **Long Term Issues** – Prolonged heat and sun exposure can lead to significant health issues such as skin cancer. Use sunscreen, hats and long sleeves and stay out of the sun when the temperature and UV index are highest.

Managing Heat Stress:

- 5) **Elimination** – Some hot work environments must be avoided if there are not enough controls in place to cool workers down to an acceptable level. Consider changing the work schedule to avoid the hottest parts of the day.
- 6) **Preparation** – Develop an acclimatization plan to prepare workers to gradually ease into working in the heat. Provide workers with a cooling area such as an air-conditioned vehicle or cooling stations with shade and water. [Visit the NIOSH website for more information on acclimatization.](#)
- 7) **Hydration and Nutrition** – During hot weather, take regular breaks throughout the day to hydrate. Aim for 1/2 cup of water every 15 minutes of physical work and increase it if you sweat heavily. That's a minimum of 4 litres of hydration for an 8-hour workday.
- 8) **Prepare Your First Aiders** – Your first aid assessment will help you identify what additional first aid supplies are needed for hot weather emergencies. Extra water, wet cloths to cool

patients, a shaded area, portable fans and cold packs are all examples of cooling supplies that can be used to treat a worker experiencing a heat stress emergency. Not all heat injuries are emergencies; be prepared to also treat sun burns or dehydration.

Resources:

- 1) [Hot Environments - Health Effects and First Aid from CCOHS](#)
- 2) [Fit to Log Hydration Poster](#)
- 3) [Crew Talk – When Did You Last Hydrate?](#)
- 4) [BCFSC Heat Stress Safety Alert](#)

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BCFSC Latest News & Resources

New Course – Virtual Instructor Led Basic Incident Investigation – The regular Basic Incident Investigation training is also available as a requested instructor-led virtual course which is convenient for companies with employees located around the province. It includes a combination of instructor-led virtual meetings and learning activities through BCFSC's online Learning Centre. The training is scheduled as two half-day sessions to provide flexibility for participants who are actively working.

Forest Safety News – read the latest issue of the FSN

FIRS App – The full version of the BCFSC FIRS App is now available to download from your App store. Use the FIRS App manage forms and documents for safety-related paperwork related to SAFE Companies and COR audit forms management.

BCFSC Training:

October 6 - 9 | Falling Supervisor – Nelson

Participants will learn the roles and responsibilities of a falling supervisor and will become familiar with processes used by a falling supervisor to support their due diligence.



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October 9 - 10 | [Due Diligence for Forest Supervisors – Kamloops](#)

This two-day classroom workshop will equip supervisors with knowledge of their legal responsibilities and how to prove due diligence.

October 15 - 16 | [Due Diligence for Forest Supervisors – Cranbrook](#)

This two-day classroom workshop will equip supervisors with knowledge of their legal responsibilities and how to prove due diligence.

October 16 - 17 | [Due Diligence for Forest Supervisors – Campbell River](#)

This two-day classroom workshop will equip supervisors with knowledge of their legal responsibilities and how to prove due diligence.

October 17 | [Basic Incident Investigation – Cranbrook](#)

This course provides a basic understanding of the methods, tools, and processes needed to conduct an incident investigation.

October 23 - 24 | [Due Diligence for Forest Supervisors – Prince George](#)

This two-day classroom workshop will equip supervisors with knowledge of their legal responsibilities and how to prove due diligence.

October 23 - 24 | [Leadership and Communication for Forest Supervisors – Nelson](#)

This two-day classroom workshop will equip supervisors with knowledge of their legal responsibilities and how to prove due diligence.

Refer to the [Training section](#) for more information on upcoming classroom training and costs.

Worker Assessment and Training

Each forestry occupation requires different knowledge and skillsets to perform the job at hand. BCFSC worked with industry to develop competency-based standards, training, and assessment tools to help employers evaluate workers and complete on-the-job training.

Take a look at our [FREE assessment forms](#) for Basic Forest Workers, Yarding, Mechanized Harvesting and Road Building.