

Wildfire Smoke Safety for Outdoor Work

Supervisor:	Date:
· ·	

Why This Matters

Wildfire smoke is a growing hazard across BC's forests. It can contain:

- Fine Particulate Matter (PM2.5) can enter deep into lungs and bloodstream
- Carbon Monoxide & Irritants cause headaches, eye/nose irritation, and fatigue

Outdoor workers are especially vulnerable. Let's stay ahead of the risk.

Potential Health Effects

- Burning eyes, coughing, sore throat
- Trouble breathing, chest tightness
- Worsening of asthma, COPD, or heart conditions
- Fatigue, dizziness, and reduced work performance

Our Site Safety Measures

- 1. Air Quality Monitoring
 - Using BC's Air Quality Health Index (AQHI) and Firesmoke.ca
 - We'll adjust work practices based on risk levels
- 2. Task Rescheduling
 - High-exertion work may be moved to early morning or delayed
 - Rotation plans in place to limit exposure
- 3. Break Areas with Clean Air
 - Use vehicles with recirculated A/C or indoor shelters
 - Stay cool and hydrated smoke often comes with heat
- 4. N95 Respirators Provided
 - Available during high smoke events (AQHI 7+)
 - Ensure proper use and fit
- Worker Training & Reporting
 - Know the signs of smoke illness
 - Speak up early if symptoms appear

Worker Responsibilities

- Wear respirators when required
- Use clean air areas during breaks
- Drink water often; avoid caffeine
- Support coworkers showing signs of smoke stress
- Report all health concerns immediately

Recognize and Respond to Emergencies

Call for help if someone experiences:

- Difficulty breathing or chest pain
- Severe dizziness or confusion
- Fainting or collapse

First aid and emergency contacts must be posted clearly.



"If you can smell smoke, you're already exposed." Be proactive — don't wait until you're feeling unwell.

Follow all wildfire smoke protocols to protect yourself and your team.

Check out the Wildfire Smoke Hazards and Worksite Safety article for more information: https://www.bcforestsafe.org/wp-content/uploads/2025/07/WildfireSmokeHazards_and-WorksiteSafety 22-Jul-25FINAL.pdf

Crew Sign-Off Sheet

Name (Print)	Signature	Date