

# WORKING IN EXTREME HEAT



## Prevention



Complete a hazard assessment to identify work situations where heat is a hazard.



Wear suitable clothing for the heat, using protective equipment designed to reduce heat stress.



Minimize physical activity and allow an adjustment period to acclimatize in hot environments.



Change the location or timing of work to where and when it is cooler.



Ensure workers are trained to recognize and provide first aid for heat exposure.



Drink one cup of water every fifteen minutes.



Use a work-rest schedule with extra breaks if needed.



Establish a cooling station.

## Signs of heat stress

### Starting Symptoms

Irritability	Muscle cramps and sweating
Headaches and confusion	Dehydration
Fainting, dizziness and fatigue	Heat rash

### Worsening Symptoms

Sweating may stop	Trouble breathing
Severe muscle cramps	Hot and dry skin
Changes to pulse rate	Exhaustion

Untreated heat stress can lead to **COMA** or **DEATH**

## Workplace health & safety

Working in hot environments, you should expect:



### Hazard Assessment

With appropriate controls to protect workers.



### Reporting Channels

To identify unsafe working conditions.



### Work Procedures

That protect workers from the hazard.



### Health and Safety Training

That protect workers from the hazard.

## Do you have any questions about workplace health and safety?

Occupational Health and Safety Contact Centre  
**1-866-415-8690**