WORKING IN EXTREME TEMPERATURES



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





Use a work-rest schedule with extra breaks if needed

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



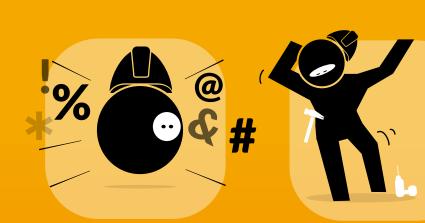
Change the location or

timing of work to where and when it is cooler

Minimize physical activity and allow

an adjustment period to acclimatize in hot environments.

EARLY WARNING SIGNS OF HEAT STRESS



irritability

headaches and

confusion





muscle cramps and sweating



dehydration



heat rash

WORSENING SYMPTOMS



Untreated heat stress can lead to coma or death

WORKPLACE HEALTH AND SAFETY Working in any environment you should expect:



assessment with appropriate controls

Hazard

to protect workers.

Work procedures



Reporting channels to identify unsafe

working conditions.



that protect workers from the hazard



training to prevent workplace illness and injury

Health and safety

Do you have questions about workplace health and safety?

Occupational Health and Safety Contact Centre

1-866-415-8690

