## 

## HEAT STRESS

PURPOSE

To ensure all employees understand and recognize the symptoms of heat stress and the measures to prevent and treat heat related emergencies in the workplace.

SCOPE

This procedure applies to all Employees, Contractors and Delivery Persons.

DEFINITIONS

**Heat Stress -** Stress on your body's cooling system due to physical work and loss of fluids in an extreme heat.

**Heat Rash -** Red bumpy rash with severe itching.

**Heat Cramps -** Cramps occur from salt imbalance resulting from failure to replace salt lost from heavy sweating.

**Fainting -** Decreased blood flow to brain due to inadequate fluid intake.

**Heat Exhaustion -** Body’s cooling system starts to break down due to inadequate salt and water intake.

**Heat Stroke -** Rise in body temperature when all body reserves are exhausted, and worker stops sweating. May develop suddenly or following heat exhaustion.

STANDARDS / PROCEDURES

This policy requires the full cooperation of management, the committee, and workers.

Employees are asked to cooperate fully with this policy. All employees will be trained to recognize the signs and symptoms of heat stress in themselves, as well as in other employees.

Employees experiencing symptoms of heat stress must report to first-aid personnel immediately to obtain proper medical attention. During days when heat stress procedures are in place, all employees will follow the contingency plans. Extra water will be available, and workers will be encouraged to drink it.

In order to monitor the effectiveness of this policy, management, in cooperation with the committee, will perform an annual review.

**ROLES / RESPONSIBILITIES**

**Supervisor:**

* Monitor and evaluate the heat and humidex daily in order to prevent or reduce chances of illness due to heat exhaustion;
* Advise workers to:
  + Drink enough fluids to replace those lost through sweating and breathing;
  + Take breaks in a cool area, as needed to avoid heat exhaustion or collapse;
  + Report to their supervisor heat stress-related symptoms in themselves or their Co-Workers;
  + Adhere to the recommended rest break schedule, established to avoid heat exhaustion or collapse;
* Provide methods of reducing risk of heat exhaustion such as fluids and area for Workers to cool down if necessary; and,
* On days when Heat Stress Procedures are in effect, extra water must be available for workers.

**Worker:**

* Must follow safe work procedures established to prevent heat-induced illness;
* Must drink enough fluids to replace those lost through sweating and breathing;
* Must report to their supervisors’ heat-related symptoms in themselves or their Co-Workers; and,
* Must follow recommended schedule of rest breaks, as advised by Supervisors, to avoid heat exhaustion or collapse.

COMMUNICATION

This procedure is communicated to all supervisors and employees through:

* Orientation, and,
* Postings / meetings as deemed necessary.

TRAINING

Training on this procedure will be done annually for employees whose work places them at risk of extreme or prolonged heat exposure.