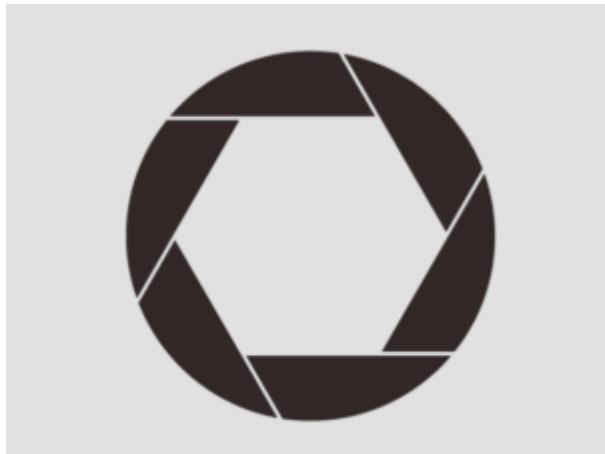


Working in extreme heat Picture This



Working in the Heat

Employers can take measures to protect workers from heat stress disorders by avoiding heavy exertion tasks, extreme heat, sun exposure, and high humidity when possible.

Legislation is not always specific about the acceptable range for temperature conditions at work, especially when working outdoors. In some cases, for specific circumstances, the Threshold Limit Values for heat stress from the American Conference of Governmental Industrial Hygienists have been formally adopted as occupational exposure limits in some jurisdictions, while others use them as guidelines.

As the temperature or heat burden increases, workers may feel:

- heat exhaustion: nausea, headache, heavy sweating, cold, pale, moist skin, muscle cramps, dizziness, weakness, fatigue
- heat stroke: nausea, hot, dry skin, loss of consciousness, confusion, strange behaviour, high body temperature, headache

When is hot too hot?

heat exhaustion symptoms include: nausea, headache, heavy sweating, cold, pale, moist skin, muscle cramps, dizziness, weakness, fatigue. Actions: Move to a cooler, shaded location, Remove as much clothing as possible (including socks and shoes), Cool down by applying cool wet cloths or ice to the head, face or neck. Spray with cool water, Drink water, clear juice or a sports drink, Provide medical aid if the person does not start to feel better, Stay with the person until help arrives.

heat stroke symptoms include: nausea, hot, dry skin, loss of consciousness, confusion, strange behaviour, high body temperature, headache. Actions: Call 911 immediately (This is a medical emergency. Stay with the person until help arrives).

Source: <https://www.ccohs.ca>