

SHIFT BRIEFING |

HEAT RELATED ILLNESS

- The risks of heat related illness escalate greatly during the summer days.
- The risks of accidents also rise since working in a hot environment lowers mental alertness and physical performance.
- Heat stress can cause workers to overlook safety procedures. This also causes mistakes and lowers productivity.
- Heat illnesses, such as heat exhaustion or heat stroke are often a result of prolonged exposure to extreme temperatures paired with physical overexertion.

What managers can do:

- Inform your employees if their work involves risk of heat stress
- Reschedule work if there is an extreme heat warning (heat warnings are issued through AOC)
- Ensure that employees showing any signs of heat illness are provided medical attention
- Ensure employees have access to cool drinking water throughout their shift
- Ensure the proper PPE is provided (hats, sunscreen, water)
- Shorten exposure times and encourage frequent rest breaks
- Address all heat related concerns with employees

What employees can do:

- Stay hydrated
- Recognize the early signs/symptoms of heat illness in yourself & colleagues
- Cover skin with loose, light weight clothing to protect feet, face, hands and head
- Wear sunscreen & re-apply regularly
- Report all heat related illness or symptoms to your manager or supervisor

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5.1.3.2 Hot Weather Control Stages and Actions

≤ 29.9 WBGT	Stage 1	Heat Advisory
<ul style="list-style-type: none"> Water coolers will be made available at identified locations. Supervisors & workers will observe co-workers for signs &/or symptoms of heat strain A trained designated person will continue to monitor WBGT measurements Workplace conditions & plan/program status will be clearly posted at hazard communication stations If WBGT 30° - supervisors will be notified of stage 2: Heat Watch Status 		
=30° - 30.9° WBGT	Stage 2	Heat Watch
Action plans for previous stage continue, plus: <ul style="list-style-type: none"> Supervisors will provide (15-minute per hour) heat stress breaks in air conditioned location If WBGT is > 30.9° - supervisors & managers will be notified of stage 3: Heat Warning Status 		
=31.0° - 31.9° WBGT	Stage 3	Heat Warning
Action plans for previous stage continue, plus: <ul style="list-style-type: none"> Job rotation, relief workers & other H&S acceptable controls may be used to ensure continuous production Supervisors will provide (30-minute per hour) heat stress breaks in air conditioned location Non-essential duties may be stopped at excluded managers discretion If WBGT is ≥ 32° - supervisors & managers will be notified of stage 4: Heat Alert Status 		
=32° - 32.5° WBGT	Stage 4	Heat Alert
Action plans for previous stage continue, plus: <ul style="list-style-type: none"> Supervisors will provide (45-minute per hour) heat stress breaks in air conditioned location WBGT & occupational health info will be communicated to all appropriate personnel If WBGT is ≥ 32.5° the excluded managers will be notified of stage 5: Heat Danger Status for zone 		
≥ 32.5° WBGT	Stage 5	Heat Danger
<ul style="list-style-type: none"> Functional managers will have authority to stop work Only emergency work will be permitted Workers must be rotated every 5-10 minutes spending remainder of hour in air conditioned location 		