



# NSS MONTHLY NEWSLETTER

## June 2018

### Heat Awareness and Sun Safety

#### Employers Responsibilities

Employers have a duty under clause 25(2)(h) of the Occupational Health and Safety Act to take every precaution reasonable in the circumstances for the protection of the worker. The employer should:

- Assess the demands of all jobs and have monitoring and control strategies in place for hot days and hot workplaces
- Increase the frequency and length of rest breaks
- Try to schedule strenuous jobs to cooler times of the day
- Train workers to recognize signs and symptoms of heat stress
- Investigate any heat related incidents
- Trained First Aid providers should be available and an emergency response plan should be in place in the event of a heat related illness

#### Personal Protective Equipment

- Light summer clothing should be worn to allow free air movement and sweat evaporation
- Outside, wear light-colored clothing
- Apply sunscreen to all exposed parts of the body
- Wear appropriate sunglasses (UV protective lens)

#### What is Heat Stress?

Working or playing where it is hot puts stress on your body's cooling system. When heat is combined with other stresses such as hard physical work, loss of fluids, fatigue or some pre-existing medical conditions, it may lead to heat-related illness, disability and even death

#### How do we cope with heat?

Your body is always generating heat and passing it into the environment. The harder your body works, the more heat it has to lose. When the environment is hot and/or humid or has a source of radiant heat (such as a furnace or the sun), your body must work harder to get rid of heat.



#### Signs of Heat Stroke:

##### **Cause: There are two types of heat stroke:**

- Classic heat stroke may occur in older adults and in persons with chronic illnesses exposed to excessive heat.
- Exertional heat stroke generally occurs in young persons, who engage in strenuous physical activity for a prolonged period of time in a hot environment and the body's cooling mechanism cannot get rid of the excessive heat.

**Symptoms:** High body temperature (over 40°C) and any one of the following: the person is weak, confused, upset or acting strangely; has hot, dry, red skin (classic heat stroke) or profusely sweating (exertional heat stroke); a fast pulse; headache or dizziness. In later stages, a person may pass out and have convulsions.

**Northern Safety Solutions offers Working at Heights Training and Working at Heights REFRESHER Training! Please contact our office for more information**



### Northern Safety Solutions Inc.

955 Bancroft Drive, Sudbury ON P3B 1P8

Toll Free: 705.524.8189

[www.northernsafetysolutions.com](http://www.northernsafetysolutions.com)

"Working Safely for the Health of it"

