







# HAZARD ALERT

## WHEN HEAT TURNS DEADLY

JUNE 2021

A college student was on his second day on the job as a garbage collector when he was overcome by the heat. Since he wasn't trained to recognize the warning signs of **HEAT STRESS** he kept working until he **COLLAPSED AND FELL INTO A COMA AND LATER DIED**. The inquest into his death concluded that it could have been prevented if the employer had a heat stress program and included training to recognize the symptoms of heat stress.

### HEAT STROKE IS A TRUE MEDICAL EMERGENCY REQUIRING IMMEDIATE INTERVENTION! (Image source: gov.mb.ca)

HEAT EXHAUSTION	OR	HEAT STROKE
Faint or dizzy		Throbbing headache
Excessive sweating		No sweating
Cool, pale, clammy skin		Body temp. above 104° Red, hot, dry skin
Nausea or vomiting		Nausea or vomiting
Rapid, weak pulse		Rapid, strong pulse
Muscle cramps		☹️ May lose consciousness

• Get to a cooler, air conditioned place, and rest  
• Drink water if fully conscious  
• Take a cool shower or use cold compresses

**CALL 911**  
• Take immediate action to cool the person until help arrives

Adapted with permission from [OccupationalHealthandSafety.org](http://OccupationalHealthandSafety.org)

Influencing factors of heat stress include air temperature, humidity, radiant heat, physical activity, cooling (evaporation of sweat), body adjustments (acclimatization).

### RESOURCES TO HELP:

1. For an Excellent [Workplace Heat Stress Guide](#) from the Occupational Health and Safety Council of Ontario [Click HERE](#).
2. Check your [1Life Resource Library](#) for Heat Stress Safety Talks and other resources to educate your workforce.
3. Do you need help developing safe work plans for workers working in extreme heat? **Contact your friendly 1Life Safety Professionals!**

**EMAIL: [info@1LifeWSS.com](mailto:info@1LifeWSS.com) PHONE: 204-231-5433**

### 5 Steps to Preventing a Heat Emergency

**Step 1: Perform a Risk Assessment:** I.E: Is there a risk of high temperature and/or humidity? How much physical exertion is required for the work to be performed? Is impervious PPE (Tyvek suit) required that prohibits body cooling? Is there a method of air flow? How long will the work last? What is the physical condition / acclimatization of the worker?

**Step 2: Establish Safe Work Procedures** based on the risk assessment which might include increased rest: work intervals, increased ventilation, or prohibiting work all together. It may also specify clothing requirements. For example, wearing two layers such as overalls over top of summer clothes, adds **5' of humidex**.

**Step 3: Train workers on your Safe Work Procedures so that they know "what's in it for them"**. It is important that workers understand the safe way of performing work and know the signs and symptoms of heat stress so that a life-threatening emergency can be avoided.

**Step 4 Establish a system to monitor workplace temperature and humidity** so that your workforce can be alerted to a "danger day".

**Step 5: Enforce your safety and health standards with "tough love"** to ensure that everyone returns home safe and the end of every workday.

*NOTE: Any reference to the Manitoba Workplace Safety and Health Act and Regulation is for convenience sake only. The original text must be consulted for all intents and purposes of applying the law. Date of last revision and document confirmed current Jun 18, 2021. If you believe this document is out of date, please contact us.*

## RECORD OF HAZARD ALERT

<b>Company Name:</b>	<b>Work Location Dept.:</b>
<b>Talk Given by:</b>	<b>Date / Time:</b>

<b>Results of inspection, demonstration or other activity or suggestions during talk:</b>

<b>List of All Employees Who Attended the Safety Talk:</b>	
<b>Name (PRINT)</b>	<i>Signature</i>
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	
11.	
12.	
13.	
14.	
15.	
16.	
17.	
18.	
19.	
20.	

Signed: \_\_\_\_\_

Position Held: \_\_\_\_\_