

# SAFETY TALK





## WORKING IN THE HEAT



As the weather gets nicer, and the temperatures increase, it is important to know safety precautions to take while working in the heat.

### What are some ways to stay safe when working in the heat?



- **Drink plenty of water.** Workers should drink a cup every 15-20 minutes, thirsty or not. 
- **Take breaks to rest and cool off.** Try to do so in a cool area, such as the shade or an air conditioned building.
- **Consider clothing choices.** Outdoor workers should consider wearing light, loose-fitting clothing, with UV-rated sunglasses and wide brimmed hats. 
- **Wear sunscreen with an SPF of at least 30 outdoors.** Reapply every 2 hours and after sweating. 
- **Schedule less strenuous tasks between 11am-4pm.** This is when the sun's rays are strongest.
- **Understand that protective clothing or personal protective equipment can increase heat retention.** Plan work and breaks accordingly. 

### What are heat-related stress symptoms (heat exhaustion and heat stroke)?



**Heat exhaustion** can cause symptoms such as:

*Nausea, headache, heavy sweating, cold/pale/moist skin, muscle cramps, dizziness, weakness, fatigue.*

#### What should you do in this situation?

Move to a cooler, shaded location. Remove as much clothing as possible. Cool down by applying cool wet cloths or ice to the head, face, or neck. Drink water, clear juice, or a sports drink. Seek medical attention as appropriate.

**Heat stroke** can cause symptoms such as:

*Nausea, hot/dry skin, loss of consciousness, confusion, strange behavior, high body temperature, headache.*

#### What should you do in this situation?

Call 911 immediately—this is a medical emergency.

Source: CCHOS.ca

DATE: \_\_\_\_\_  
FACILITY: \_\_\_\_\_

SAFETY TALK LEAD BY: \_\_\_\_\_  
DEPARTMENT: \_\_\_\_\_

## DISCUSSION QUESTIONS:

WHY IS IT IMPORTANT TO TAKE SAFETY PRECAUTIONS WHEN WORKING IN THE HEAT?

NAME THREE STRATEGIES TO STAY SAFE WHILE WORKING IN THE HEAT.

WHAT ARE SYMPTOMS OF HEAT EXHAUSTION? HEAT STROKE?

EMPLOYEE CONCERNS & IDEAS FOR IMPROVEMENT:

EMPLOYEES PRESENT:

FOLLOW UP ON CONCERNS:

If you have any feedback on the Safety Talks program or a suggestion for a Safety Talk, please contact a member of the Wellness & Safety Team or email [healthpeihr@ihis.org](mailto:healthpeihr@ihis.org)

Safety Talks can be found on the Staff Resource Centre at: <https://src.healthpei.ca/safety-talks>