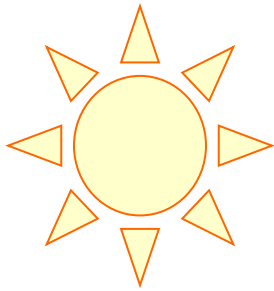


Dealing with Hot Weather

Summer is here and with it will come the days when you wish for cooler temperatures! When it is hot, humid and the air is still, there are things you can do to help yourself feel more comfortable and avoid the serious effects of hot weather.

- Stay hydrated – drink cool water or other non-caffeinated beverage regularly throughout your day (e.g. 1 cup of cool water every 20 to 30 minutes)
- Plan short frequent work-rest cycles
- Turn off heat generating equipment that is not being used
- Turn off unnecessary lights and cover windows
- Use fans to increase air circulation (be aware that if it is very hot, a fan can add to the heat in a room)
- Wear loose fitting, light weight, light coloured clothing
- Find a cool location for rest breaks
- Cool water applied to the back of the neck and/or to the wrists will help you feel cooler. A cool, wet face cloth works well.
- Be particularly mindful of the above tips if your work includes wearing impermeable clothing, such as rubber aprons or full body protective gear
- At work, make your supervisor or manager aware if you have a medical condition, such as diabetes or a heart condition that puts you at increased risk for heat stress disorders, or if you have previously had a heat stress disorder
- Know and respond to the signs and symptoms of heat stress disorders

Reduce your risk of heat stress disorders by participating in regular exercise and improving fitness all year round!



The following is a list of heat stress disorders, the symptoms (or health effects) caused by each and actions to take if they occur. If you are at work you should notify your supervisor immediately if you or a co-worker develops any of these symptoms.

Heat Stress Disorder	Health Effects	Action
Heat Fatigue	Impaired performance, mental concentration or vigilance.	Remove the person from the heat and provide cool water to drink.
Heat Rashes	Red bumps where clothing is restrictive or chafes. Bumps begin to feel prickly when sweating increases.	Heat rash will normally disappear when individual returns to a cooler environment.
Heat Collapse	Loss of consciousness. In a faint or collapse, the brain does not receive enough oxygen because blood pools in the extremities.	Move the individual to a cooler area, loosen clothing and give fluids.
Heat Cramps	Caused by lack of water, cramps usually occur when performing hard physical labour in a hot environment.	Water must be taken every 15 to 20 minutes in hot environments.
Heat Exhaustion	Headache, nausea, dizziness, blurred vision, weakness, giddiness and/or thirst. Skin is damp and looks muddy or flushed. Similar to the symptoms of heat stroke.	Remove the individual from the hot environment, give fluids, loosen clothing, shower or sponge bath with cool water and allow to rest in a cool place.
Heat Stroke	Confusion, irrational behaviour, loss of consciousness, convulsions, hot dry skin which may be red, mottled or bluish, lack of sweating (usually) and abnormally high body temperature. THIS IS A MEDICAL EMERGENCY.	IMMEDIATE EMERGENCY MEDICAL ATTENTION IS REQUIRED.