

IHSA ADVISORY

HEAT STRESS

It is expected to be dangerously hot in Ontario for the rest of the week. Workers and employers should watch out for the signs and symptoms of heat-related illnesses in their fellow workers. Take steps to prevent heat stress.

The Infrastructure Health & Safety Association (IHSA) has a wealth of [free resources about heat stress](#) on our website. Here is some key information.

RECOGNIZE THE SYMPTOMS

Heat rash	- red blotches and itchiness when skin is damp
Heat cramps	- spasms in back, leg, and arm muscles
Heat exhaustion	- weakness - difficulty continuing work - headache - breathlessness, - nausea or vomiting - feeling faint or actually fainting
Heat stroke	- confusion - irrational behavior - loss of consciousness - convulsions - lack of sweating - hot and dry skin - high body temperature
WARNING: HEAT STROKE REQUIRES IMMEDIATE MEDICAL ATTENTION. CALL 911.	

WAYS TO CONTROL HEAT STRESS

Management

· **Training:** Make heat stress your next toolbox talk and remind workers periodically throughout the rest of the summer. [Here's a free safety talk.](#)

- **Breaks:** Give workers frequent breaks in cool areas.
- **Scheduling:** Schedule hot jobs for cooler parts of the day.

Labour

- **Be aware of the symptoms.** Watch out for heat-stress symptoms in yourself and your co-workers.
- **Drink water.** One cup of cool water every 20 minutes even if you're not thirsty.
- **Avoid certain drinks.** Avoid tea, coffee, and alcohol.
- **Know your personal risk factors.** Any of the following conditions could increase your risk for heat-related illness: excessive weight, poor physical condition, previous heat illnesses, older age, heart disease, high blood pressure, recent illness, medication.

IHSA has compiled a web page of resources so you can protect yourself and your workers from heat stress. [Click here to go to our Heat Stress page.](#)