

# hEAT sTRESS eXPOSURE

Instructor Guide

## Safety Talk Overview:

**What & Why?** Safety Talks are a method to refresh an employee’s knowledge and skills, maintain their interest in safety and illustrate the organization’s commitment to creating a healthy & safe work environment.

**Who & When?** Generally, these Safety Talk meetings are led by a supervisor, member of the JHSC, or Worker H&S Representative and should be mandatory for all crew members to attend. The content should be focused on a single topic. Safety Talks can be performed on a weekly basis or before the start of a new scope of work and should be about 15 minutes in duration.

go2HR developed this safety talk template for employers to customize and use for any topic in their organization. The Participant Handout should include information that you hope the worker will retain from the safety talk content and should be handed out during the safety talk for workers to reference later. Feel free to use it at your discretion.

**WHAT IS HEAT STRESS:** Heat Stress happens when your body can’t cool itself fast enough. It can lead to heat exhaustion or even heat stroke, which is a medical emergency. You don’t have to be outside in direct sun to be at risk, indoor areas like kitchens, laundry, or rooms without good airflow can be just as dangerous.

**WHO’S MOST AT RISK:** Outdoor workers like guides, groundskeepers, and events staff as well as kitchen or laundry staff near heat sources, housekeepers or servers in hot, stuffy rooms or on patios, anyone wearing heavy uniforms or PPE, and new or returning workers who aren’t used to the heat yet.

**SIGNS AND SYMPTOMS:** Watch for these signs and symptoms in yourselves and others: dizziness, confusion or irritability, headache or nausea, heavy sweating or no sweating, muscle cramps, pale, red or hot skin, feeling faint or passing out. If you notice these signs in yourself or someone else, speak up right away. Get to a cool place, drink water, and get help if needed.

**HOW TO STAY SAFE:** These tips are simple but powerful: Drink water often, even if you’re not thirsty, Take breaks in cool or shaded areas, wear light, breathable clothing if allowed, check in with each other and watch for signs of heat stress, and let your supervisor know if something doesn’t feel right.

**WHAT TO DO IN AN EMERGENCY:** If someone is fainting, confused, or their skin is hot and dry: move them to a cool area, call for medical help, and cool them down with water, fans, or cold cloths.

**ASK YOUR TEAM:** Have you ever experienced any of these symptoms? What helps you stay cool on hot days? Are there any areas here that get especially hot or uncomfortable? Is there anything we can do to support you during hot days? Where do you go to cool down? Do you have a water bottle, where is your water source? Etc.

## Topic Overview:

## 

## Safety Talk Facilitator Guidance

🞏 **Introduce** the topic and why it’s important

🞏 **Discuss** the associated hazards and likely incidents

🞏 **Tour** the work zone identifying hazardous areas

🞏 **Distribute** the Participant Handout

🞏 **Use** the info above to guide the discussion

🞏 **Document** the talk using the Safety Talk Record

🞏 **Explain** what controls are used to minimize the risks

🞏 **Remind** employees about applicable PPE usage

🞏 **Emphasize** the importance of safe work procedures

🞏 **Ask questions** to generate group discussion

🞏 **Answer any questions** or concerns they might have

🞏 **Set a good example** by working safely at all time

# hEAT STRESS EXPOSURE

Safety Talk Record

|  |  |
| --- | --- |
| **Discussion Leader:** | **Date:** |
| **Department:** | Time: |

### Attendees (Please print your name and sign beside it. If you are a contractor, also include your company name):

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### Near miss/incidents and investigations reviewed: ☐ None this month

### Any questions or concerns from workers?

|  |  |  |  |
| --- | --- | --- | --- |
| **Action needed:** | **Person responsible:** | **Due date:** | **Completed date:** |
|  |  |  |  |
|  |  |  |  |

|  |  |
| --- | --- |
| **Supervisor/Manager print name & sign:** | **Date:** |

### Reviewed by:

# A yellow sign with a black face and a yellow triangle with a black text AI-generated content may be incorrect.HEAT STRESS EXPOSURE

**WHAT IS HEAT STRESS:**

Heat Stress happens when your body can’t cool itself fast enough. It can lead to heat exhaustion or even heat stroke, which is a medical emergency. You don’t have to be outside in direct sun to be at risk, indoor areas like kitchens, laundry, or rooms without good airflow can be just as dangerous.

**WHO’S MOST AT RISK:**

- Outdoor workers like guides, groundskeepers, and events staff - Kitchen or laundry staff near heat sources

- Housekeepers or servers in hot, stuffy rooms or on patios - Anyone wearing heavy uniforms or PPE

- New or returning workers who aren’t used to the heat yet

**SIGNS AND SYMPTOMS:**

Watch for these signs and symptoms

in yourselves and others:

If you notice these signs in yourself or someone else,

speak up right away and get to a cool place,

drink water and get help if needed.

**HOW TO STAY SAFE:**

These tips are simple but powerful:

- Drink water often, even if you’re not thirsty

- Take breaks in cool or shaded areas, wear light, breathable clothing if allowed

- Check in with each other, watch for signs and symptoms

- Let your supervisor know if something doesn’t feel right

**WHAT TO DO IN AN EMERGENCY:**

If someone is fainting, confused, or their skin is hot and dry:

1) Move them to a cool area,

2) Call for medical help, and

3) Cool them down with water, fans, or cold cloths.

**DISCUSSION:**

Have you ever experienced any of these symptoms? What helps you stay cool on hot days?

Are there any areas here that get especially hot or uncomfortable? Where do you go to cool down?

Is there anything we can do to support you during hot days? Do you have a water bottle?

Learn more at: <https://www.go2hr.ca/explore-all-resources/health-safety/staying-safe-during-high-temperatures>

Participant Handout

### For more information on this topic or if you have questions, contact: