

HEAT STRESS & SUN SAFETY

Safety Talk 4

APRIL 2024



1 MEETING OBJECTIVES:

The primary objectives of Safety Talk 4: Heat Stress & Sun Safety are:

1. Increase knowledge and awareness of heat stress and sun safety.
2. Spark innovative conversations and ideas for preventing heat/sun-related incidents/illnesses.
3. Encourage open communication and the expression of concerns within the group.
4. Develop a plan to explore and investigate ideas and concerns raised.

2 SAFETY TALK:

Take 5 minutes to review Safety Talk 4: Heat Stress & Sun Safety on the next page. Your team may choose to each read the Safety Talk individually or take turns reading out loud.

3 KNOWLEDGE CHECK:

As a team, spend a couple minutes completing this knowledge check:

- What are the signs and symptoms of heat stress or heat-related illness?
- Can you name three preventive measures for heat stress and sun safety?
- How can we implement these measures in our workplace?

4 GROUP DISCUSSION:

Take a few minutes to share with your team your thoughts, experiences, and innovative ideas for staying safe in the heat and sun. Questions to guide the discussion can include:

- Have you observed and/or experienced heat stress or sun-related issues at work?
- How can we further promote sun safety within our team?
- Are there any additional measures we should consider during hot weather?

5 CONCLUSION & POST-MEETING FOLLOW-UP:

The supervisor will be responsible for investigating any raised occupational health, safety, and/or wellness innovations, issues, or concerns as well as establishing a timeline for follow-up and reporting back to the group.

To learn more about this topic, the following documents on CKCentral can be reviewed:

1. HS - 033 Sun Safety and Heat Stress
2. Infogram - 33 Sun Safety and Heat Stress

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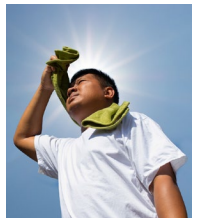
Section 1: Understanding Heat/Sun-Related Illnesses

Exposure to high temperatures can have severe consequences, including illness and even death. The most dangerous heat-related condition is heatstroke, requiring immediate medical attention. When temperatures are high, especially during physically demanding work, it is essential to take precautions. The Canadian Cancer Society reports skin cancer is the most commonly diagnosed cancer in Canada, with 7000+ new cases annually. Sun exposure is a major skin cancer risk factor.



Risk Factors

- High temperatures and humidity
- Direct exposure to sunlight/intense heat
- Physical exertion or strenuous activity
- Inadequate rest or recovery periods
- Wearing inappropriate clothing that does not allow for proper heat dissipation
- Insufficient hydration or fluid intake
- Lack of acclimatization to hot environments
- Certain medical conditions or medications that affect heat tolerance
- Poor ventilation or limited airflow
- Working in confined spaces with limited air circulation



Section 2: Preventing Heat Illness

- Stay hydrated by drinking plenty of fluids, particularly water, throughout the day. It's important to drink fluids frequently, even before you feel thirsty. Make a habit of consuming water every 15 minutes. Avoid/minimize alcohol, caffeine, and sugary drinks, as they can dehydrate you.
- Wear lightweight, light-colored, breathable, and loose-fitting clothing to promote better ventilation, air circulation, sweat evaporation and heat dissipation.
- Seek shade and shield yourself from direct sunlight/heat sources when possible while working.
- Take regular breaks in shaded or cool areas to rest and cool down.
- Use sunscreen to protect your skin from the sun's harmful rays.
- Schedule physically demanding tasks for cooler parts of the day (early morning or evening).
- Acclimatize to hot working environments gradually to adjust your body to heat over time.
- Utilize cooling measures, such as fans, air conditioning, or misting systems, if available.
- Regularly monitor yourself for the signs and symptoms of heat-related illnesses.
- Utilize a buddy system to recognize early signs and symptoms and look out for each other.