

Date: _____

Supervisor/Department: _____

Heat Stress Safety

Heat related illness

Working in hot conditions or high levels of humidity can lead to heat-related illnesses with potentially serious, long-lasting effects, or even death. Employers are responsible for having an overall health and safety program in place that's specific to the workplace. There are also numerous actions that employers, workers, and supervisors can take to prevent heat-related illness.

What is heat-related illness?

Our bodies naturally maintain a temperature of about 37°C, partly through sweating and blood flow to the skin when conditions are hot or humid. Heat-related illnesses, sometimes referred to as heat stress, occur when our bodies can no longer transfer enough heat to keep us cool.



How to identify your own signs and symptoms

Heat-related illness	Signs and symptoms
Heat rash	Pain, itching, and skin-colour changes
Heat cramps	Painful muscle cramps or spasms
Heat exhaustion A medically serious situation. Left untreated, can progress to heat stroke.	<ul style="list-style-type: none"> • Profuse sweating • Cool, pale, clammy skin • Shallow breathing • Increased heart rate • Weak, rapid pulse • Weakness, fatigue, dizziness • Headache and nausea • Fatigue, disorientation, irritability
Heat stroke A medical emergency. Core body temperature rises to critical, even fatal, levels. Contact first aid immediately and call 911.	<ul style="list-style-type: none"> • No longer sweating • Hot, dry, flushed skin • Irregular pulse and rapid breathing • Lethargy, movement or coordination problems • Nausea and vomiting • Fainting or unconsciousness • Difficulty speaking, agitation and confusion

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Prevention Tips & Responsibilities



Stay hydrated by drinking water or electrolyte replacement drinks and avoid high-sugar and caffeinated beverages. Don't wait until you're thirsty to rehydrate.



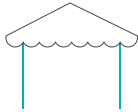
Wear sun-protective clothing, such as UV sunglasses and wide-brimmed hats. Wear light coloured, loose-fitting clothing made of fibres that increase airflow.



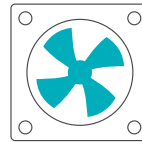
Eat light meals.



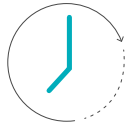
Put on sunscreen and reapply as necessary.



Make use of shaded areas, cooling tents, and air conditioning in vehicles, trailers, holding areas, and indoor workspaces.



Make use of air-movement machines (e.g., cooling or misting fans), if provided.



Use your prescribed rest breaks to cool off.



Monitor yourself and others around you for any signs or symptoms of heat-related illness.



If you notice any signs or symptoms of heat-related illness in yourself or others, immediately remove yourself or that person from further heat exposure and seek first aid. The first aid attendant will recommend what to do next, based on your production's first aid procedures. Workers experiencing signs or symptoms should always check in with first aid before driving home or to hospital.

Actsafe's Toolbox Talks are intended as an informational resource for employers and supervisors to use to deliver a safety talk on a specific subject. A toolbox talk can be an effective way of refreshing workers' knowledge of safe work procedures and sharing information from more experienced workers.

It's important to document your assessments on paper, and review them on a regular basis. If the requirements of a scene change, you may need to do a re-assessment.

Attendees (attach Sign-in Sheet if needed):

Name	Initials	Name	Initials
_____	_____	_____	_____
_____	_____	_____	_____
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