

# SUMMER SAFETY

## POWERED BY SYSTEMS 24-7

### WORKERS AT RISK OF HEAT-RELATED ILLNESS SHOULD:



Drink water every 15 minutes



Wear a hat and light coloured clothing



Rest in the shade

### EMPLOYERS SHOULD:



Train workers on the dangers of heat illness



Prepare a heat stress plan for preventing heat-related illnesses



Give workers time to get used to the heat

### UV INDEX DESCRIPTION: SUN PROTECTION ACTIONS:

0-2 LOW

- Minimal sun protection required for normal activity.
- Wear sunglasses on bright days. If outside for more than one hour, cover up and use sunscreen.



3-5 MODERATE

- Take precaution by covering up and wearing a hat, sunglasses and sunscreen.
- Look for shades near midday when the sun is strongest.

6-7 HIGH

- Protection required - UV damages the skin and can cause sunburn.
- Reduce time in the sun between 11am and 4pm and take full precaution by seeking shade, covering up exposed skin, wearing a hat and sunglasses, and applying sunscreen.

8-10 VERY HIGH

- Extra precaution required- unprotected skin will be damaged and can burn quickly.
- Avoid the sun between 11am and 4pm and seek shade, cover up and wear a hat, sunglasses and sunscreen.

11+ EXTREME

- Values of 11 or more are very rare in Canada.
- Take full precaution. unprotected skin will be damaged and can burn in minutes. avoid the sun between 11am and 4pm, cover up and wear a hat, sunglasses and sunscreen.
- Don't forget that white sand and other bright surfaces reflect UV and increase UV exposure.

### RANGE OF HUMIDEX:

Less than 29: No discomfort

30 to 39: Some discomfort

40 to 45: Great discomfort, avoid exertion

Above 45: Dangerous, heat stroke possible

The humidex combines the temperature and humidity into one number to reflect how hot, humid weather feels to the average person.



### 1. HEAT STROKE

The most serious type of heat illness.

### 5 TYPES OF HEAT-RELATED ILLNESS:

### 2. HEAT EDEMA

Swelling of hands, feet and ankles.

### 3. HEAT CRAMPS

Painful cramps that usually occur in the arms, legs and stomach.

### 4. HEAT EXHAUSTION

Caused by excessive loss of water and salt.

### 5. HEAT RASH

Red bumpy rash with severe itching.

### SYMPTOMS OF HEAT ILLNESS:

- Dizziness or fainting
- Confusion
- Extreme thirst (dry mouth or sticky saliva)
- Convulsions

- Nausea or vomiting
- Rapid breathing and heartbeat
- Decreased urination with unusually dark yellow urine

- Headache
- Weakness
- Heavy sweating
- Red, hot, dry skin