

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