

<b>Section:</b> Emergency Planning	<b>Subsection:</b> Code Grey Internal Disaster	<b>Policy Number:</b> EPP-1059
<b>Subject:</b> Heat Stress in the Workplace		<b>Reviewed Date:</b> June, 2022 March 2013
<b>Standard:</b>	<b>Authority:</b> CEO	<b>Supersedes:</b> February 2012 Apr 2009 May 2007
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## Policy

High temperatures and humidity can make the work environment uncomfortable and be the cause of heat-related illnesses. To reduce the effect of high heat and humidity, Belvedere Heights CEO or designate will implement control measures under prescribed conditions.

## PROCEDURE

### Heat Stress:

Temperature, humidity, radiant heat sources (sun/stove/dryer) and air velocity are four environmental factors that contribute to heat-related illnesses. An individual's age, weight, fitness, medical condition, lifestyle and acclimatization to heat are other contributing factors.

The body reacts to high temperature by circulating blood to the skin increasing skin temperature and allowing the body to dispel its excess heat through the skin. Reducing physical exertion will allow more blood to flow to the skin and release heat.

Sweating enables the body to maintain a stable internal body temperature. Sweating is effective only if the humidity level is low enough to permit evaporation and if fluids and salts lost are replaced.

When excess body heat cannot be dispelled, it is stored causing the individual's core temperature to rise and the heart rate to increase. As the body continues to store heat, an individual may begin to lose concentration, have difficulty focusing on a task, become irritable or sick and lose the desire for fluid intake. Warning signs of heat stress are heat rash, heat cramps, fainting, heat exhaustion (primarily from dehydration), and heat stroke.

### Workers with heat stress symptoms:

1. Where a worker suffering a heat related illness requires medical assistance, she (or a co-worker) shall contact the Charge Nurse immediately who will provide first aid and determine if further medical aide is required.
2. The worker should complete an Employee Incident Report to record a heat related illness and submit it to her Department Head/Manager in accordance with the prescribed process.

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Hazard	Cause	Symptoms	Treatment	Prevention
Heat Rash	Hot, humid environment; plugged sweat glands.	Red bumpy rash with severe itching.	Change into dry clothes and avoid hot environments. Rinse skin with cool water.	Wash regularly to keep skin clean and dry.
Heat Cramps	Heavy sweating drains a person's body of salt which cannot be replaced just by drinking water.	Painful cramps in arms, legs or stomach which occur suddenly. Cramps are serious because they can be a warning of other, more dangerous illnesses.	Move to a cool area; loosen clothing and drink cool salted water (1 tsp. salt per gallon of water) or commercial fluid replacement beverage. If the cramps persist, seek medical aid.	When working in the heat, put salt on food (consult doctor if on low-salt diet). This will replace the needed salt - don't take salt tablets.
Fainting	Not enough blood flowing to the head, causing loss of consciousness.	Sudden fainting after at least two hours working in high heat & humidity; cool moist skin; weak pulse.	<b>Get medical attention.</b> Move to a cool area; loosen clothing; make person lie down; offer sips of cool water.	Reduce activity levels and/or heat exposure. Drink fluids regularly. Workers to check on each other for symptoms which often precede heat stroke.
Heat Exhaustion	Inadequate salt and water intake causing the body's cooling system to start to break down.	Heavy sweating; cool moist skin; body temperature over 38°C weak pulse; tired, weak, clumsy, confused; thirsty or is panting or breathing rapidly, vision may be blurred.	<b>Get medical attention.</b> This condition can lead to heat stroke. Move to a cool area; loosen clothing, remove excess clothing; provide cool, salted water to drink; fan and spray with cool water.	Reduce activity levels and/or heat exposure. Drink fluids regularly. Workers to check on each other for symptoms which often precede heat stroke.
Heat Stroke	When an individual's body uses all its water and salt, it stops sweating. This can cause the body temperature to rise.	High body temperature, over 41°C and any one of the following: -person is weak, confused, strange behaviour; - has hot, dry, red skin; - fast pulse; - headache or dizziness. In later stages a person may pass out and have convulsions.	<b>CALL AMBULANCE</b> This condition can kill a person quickly. Remove excess clothing; fan and spray with cool water; offer sips of cool water if the person is conscious.	Reduce activity levels and/or heat exposure. Drink fluids regularly. Workers to check on each other for symptoms which often precede heat stroke.

Related Policies: H&S 4058, NRG558, 558(a)

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Authorized Signing Authority

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Date

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