

# Working in the heat: spot it early

Hot weather and hot work areas can overload the body's ability to cool down. Heat illness can progress from cramps to a medical emergency.

## Key points

- In B.C. employers must assess heat stress where workers may be exposed, and put an exposure control plan in place.
- Cool potable water must be provided near the work area. Drink small amounts often, before you feel thirsty.
- Controls come in this order: engineering controls, then administrative controls (work-rest cycles, scheduling), then PPE.
- Early signs include heavy sweating, headache, dizziness, weakness, cramps and nausea. Stop, move to a cooler place and rest.
- A worker who is confused, stops sweating, has hot dry skin or collapses is in a medical emergency. Call 911.
- Watch co-workers too. People often do not recognize the signs in themselves.

## Ask the crew

- Where is the cool water and shade for this job?
- Who is new or not yet used to the heat today?
- What is the plan if someone shows symptoms?

## Where this comes from

OHS Regulation, ss. 7.27 to 7.32 (heat stress) (Part 7 Noise, Vibration, Radiation and Temperature)

<https://www.worksafebc.com/en/law-policy/occupational-health-safety/searchable-ohs-regulation/ohs-regulation/part-07-noise-vibration-radiation-and-temperature>

Your site's own procedures and the equipment manufacturer's instructions always apply. This sheet is general information, not legal advice.

## Sign-off sheet

Date: \_\_\_\_\_ Location: \_\_\_\_\_ Presented by: \_\_\_\_\_

| Name (print) | Signature | Date |
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