



DON'T LET THE HEAT STRESS YOU OUT

- Normal body temperature is 37°Celsius (98.6°Fahrenheit).
- Heat stress is the overloading of the body's cooling system.
- HUMIDEX is KEY!!! A reading of 35 degrees Celsius means that conditions are favourable for heat stress

Good Shepherd School Heat Stress Plan

1. Be weather and temperature aware!
2. Know and be able to recognize the signs and symptoms of Heat Stress
3. In the event of a Peel or Environment Canada Heat alert:

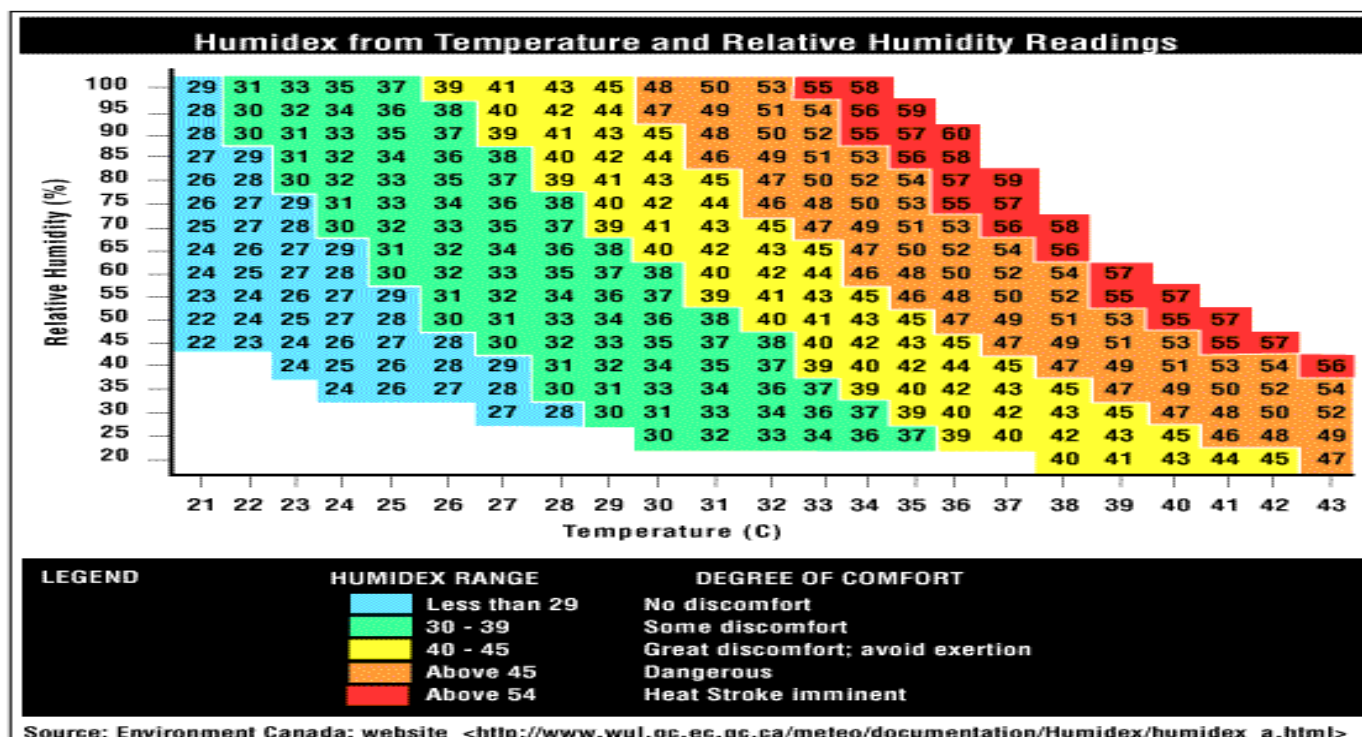
- * refer to Humidex #2 protocol on the Board Humidex chart
- * ensure that students and yourself remain hydrated at all times
- * reduce activity and stay in well ventilated and/or air conditioned areas
- * Where a hat and sunglasses outdoors if you need to be out and encourage students to wear light coloured clothing
- * follow the inclement weather schedule



SYMPTOMS OF HEAT STRESS

	Cause	Symptoms	Prevention
Heat Rash	Hot humid environment; plugged sweat glands	Red bumpy rash with severe itching	Wash regularly to keep skin clean and dry.
Sunburn	Too much exposure to the sun.	Red painful or blistering and peeling skin	Work in the shade; cover skin with clothing; wear suntan lotions with sun protection factor of at least 15. People with fair skin should be especially cautious.
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. Can occur suddenly at work or later at home. Cramps are serious because they can be a warning of other more dangerous heat-induced illnesses.	When working in the heat, workers should put salt on their food (if on a low salt diet, this should be discussed with a doctor.) This will give the body all the salt it needs; do not take salt tablets.
Fainting	Not enough blood flowing to the head, causing loss of consciousness.	Sudden fainting after at least two hours of work; cool moist skin; weak pulse.	Reduce activity levels and/or heat exposure. Drink fluids regularly. Workers should check on each other to help spot the symptoms that often precede heat stroke.
Heat Exhaustion	Inadequate salt and water intake causes the body's cooling system to star break down/	Heavy sweating; cool moist skin; body temperature over 38oC; weak pulse; normal or low blood pressure; person is tired, weak, clumsy, upset or confused; is very thirsty; or is panting or breathing rapidly; vision is blurred.	Reduce activity levels and/or heat exposure. Drink fluids regularly. Workers should check on each other to help spot the symptoms that often precede heat stroke.
Heat Stroke	If a person's body has used up all its water and salt, it will stop sweating. This can cause body temperature to rise.	High body temperature (41oC) and any one of the following; person is weak, confused, upset or acting strangely; has hot, dry, red skin; a fast pulse; a headache or dizziness. In later stages, a person may pass out and have convulsions.	Reduce activity levels and/or heat exposure, Drink fluids regularly. Workers should check on each other to help spot the symptoms that often precede heat stroke.

Humidex Moderate Not Climatized	Response	Humidex Light Not Climatized
25 –29	Supply water to workers on an "as needed" basis <i>Tip -Remind Staff to take water with them to work area</i>	32 -35
30 –33	Post Heat Stress Alert notice <i>Tip -Initiate announcements/emails; encourage workers to drink extra water; start recording hourly temperature and relative humidity</i>	36 -39
34 –37	Post Heat Stress Warning notice <i>Tip -Using announcements/emails; notify workers that they need to drink extra water; ensure workers are trained to recognize symptoms</i>	40 -42
38 –39	Work with 15 minutes relief per hour can continue; provide adequate cool (10-15°C) water; at least 1 cup (240 ml) of water every 20 minutes. Worker/student with symptoms should seek medical attention	43 -44
40 –41	Work with 30 minutes relief per hour can continue in addition to the provisions listed previously	45 -46*
42 –44	If feasible, work with 45 minutes relief per hour can continue in addition to the provisions listed above	47 -49*
45* or over	Only medically supervised work can continue	50* or over





HEAT STRESS

CAN BE DEADLY

Symptoms include
weakness, fatigue,
& dizziness

PROTECT YOURSELF!

- ☒ DRINK WATER.
- ☒ WEAR LIGHT, LOOSE CLOTHING.
- ☒ SCHEDULE MORE FREQUENT BREAKS.
- ☒ USE SUNSCREEN & KEEP YOUR HEAD COVERED OUTDOORS.
- ☒ SCHEDULE WORK FOR A COOLER PART OF THE DAY.

**Report heat stress
concerns to your
supervisor!**



**keep
your
cool!**