



### Signs and Symptoms

Heat illness is serious and gets worse quickly. Do not ignore warning signs and symptoms.

#### • Early Signs



HEAT RASH



MUSCLE SPASMS /  
CRAMPS



DEHYDRATION  
(THIRST)

#### • Heat Exhaustion



HEADACHE



NAUSEA



DIZZINESS



ANGRY /  
IRRITABLE



EXCESSIVE  
SWEATING



WEAKNESS /  
EXHAUSTION



URINE COLOUR /  
OUTPUT  
(see below)

#### • Heat Stroke



HIGH BODY  
TEMPERATURE



HOT, DRY, RED  
SKIN



CONFUSION



FAINING



CONVULSIONS/  
SEIZURES

# Heat Stress Can Kill

## Take Action before it's too late

### Action

If **YOU** have symptoms of heat stress:



**DRINK WATER**  
Rehydrate with cool water



**FIND SHADE**  
Seek shelter in a building, or under a tree or umbrella



**GET REST**  
Take a break and rest or even take a nap



**LET YOUR EMPLOYER / SUPERVISOR KNOW**



**SEEK MEDICAL ATTENTION IF YOUR SYMPTOMS PERSIST**

If **SOMEONE ELSE** has symptoms of heat stroke:



**\*CALL 911 IMMEDIATELY**



**COOL THEM DOWN**



**DO NOT LEAVE THEM ALONE**  
Stay with them until emergency services arrive

# Prevention

## Wear:



UV GLASSES  
(Tinted or Clear)



WIDE BRIM HAT



SUNSCREEN



LOOSE / LIGHT  
CLOTHING

## While Working:



DRINK WATER  
At least 1 cup every  
15 to 20 minutes or  
four per hour



BUDDY UP  
Watch for signs of  
heat stress among  
co-workers



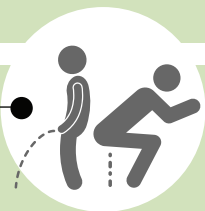
REST  
Take breaks in  
cool or shaded  
area



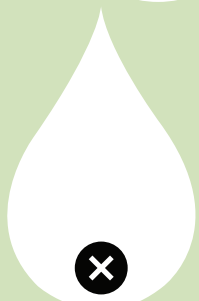
AVOID  
alcohol and  
caffeine



EAT OFTEN  
including all regular  
meals and snacks



### Are you drinking enough water? What colour is your urine?



NOT GOOD  
(too much water)



VERY GOOD



GOOD



NOT GREAT



BAD



VERY BAD

DRINK  
WATER

SEE A  
DOCTOR



# Employer Responsibilities

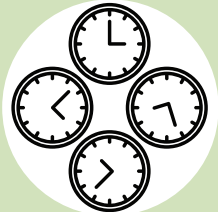
Employers should provide:



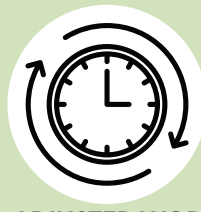
WATER



SHADE



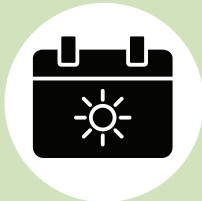
ADDITIONAL BREAKS



ADJUSTED WORK SCHEDULES



VENTILATION / AIR MOVEMENT



ACCLIMITIZATION PERIOD



INFORMATION and TRAINING



HEAT STRESS/EMERGENCY RESPONSE PLAN



WEATHER MONITORING

**Employers are expected to protect workers' health and safety by taking all reasonable precautions.**

This includes a process to **identify** and deal with the factors contributing to heat stress. The process should:



**INCLUDE**

workers, health and safety representatives, and/or joint health and safety committee members.



**PROVIDE**

translation / interpretation as needed to allow everyone to contribute effectively.



**BE SUPPORTED**

by the employer so workers feel comfortable participating.

## Additional Tools and Resources

[Humidex-based Heat Stress Calculator And Plan \[OHCOW\]](#)

[Humidex-based Heat Response Plan \[OHCOW\]](#)

[Calling 911 \[OHCOW\]](#)

[Hot Environment Fact Sheets \[CCOHS\]](#)



**OHCOW**

Occupational Health Clinics for Ontario Workers Inc.