



Who is OHCOW?

- OHCOW is a non-for-profit organization that was founded in 1989.
- Originally conceived and funded by the Ontario labour movement and we are now funded through the prevention system of Ontario Ministry of Labour, Immigration, Training and Skills Development





Multidisciplinary Approach

- Occupational Hygienists
- Ergonomists
- Occupational Health Nurses,
- Occupational Health Coordinators
- Occupational Health Physicians
- Client Service Coordinators



We work together to provide solutions to help your needs, whether it's prevention interventions, knowledge transfer or through our clinical services. We help Ontario workers with compensation claims for their occupational injury or illness and help improve or implement prevention initiatives for Ontario workplaces.



Locations

- **7 Locations across Ontario**

- Thunder Bay (North Western Region)
- Sudbury (Northern Region)
- Ottawa (Eastern Region)
- Toronto (Central Region)
- Hamilton (South Central Region)
- Windsor (South Western Region)
- Sarnia (South Western Region)

- Our services are **free** so feel free to contact us anytime to see how we can help you.





Projects/Prevention Initiatives

- Injury prevention, Ergonomic tools and apps (<https://www.ohcow.on.ca/resources/apps-tools-calculators/>)
- Occupational Illness, Occupational Hygiene tools and apps (<https://www.ohcow.on.ca/resources/apps-tools-calculators/>)
- Workplace Mental Health (<https://stressassess.ca/>)
- Temporary Foreign Worker Program (<https://www.ohcow.on.ca/worker-perspective/temporary-foreign-agricultural-worker/>)
- Heat Stress prevention (Heat stress calculator, guideline, humidex plan) (<https://www.ohcow.on.ca/resources/apps-tools-calculators/humidex-based-heat-stress-calculator-plan/>)

Clinical Projects

- McIntyre Powder Project
- Neelon Casting
- GE
- Ventra Plastics
- Algoma Steel
- Rubber workers



Limitations: This table is based on work with little or no radiant heat, assuming wearing regular summer clothing; if your specific working conditions vary from these assumptions, see the steps 1-5 listed below to make adjustments

Humidex Heat Stress Response Plan

Temp (in °C)	Relative Humidity (in %)																											
	100%	95%	90%	85%	80%	75%	70%	65%	60%	55%	50%	45%	40%	35%	30%	25%	20%	15%	10%									
49																			50									
48	NEVER IGNORE ANYONE'S SYMPTOMS DESPITE YOUR MEASUREMENTS!!!																											
47	Moderate Unacclimatized & Heavy Acclimatized																		50	47								
46									Moderate Acclimatized & Light Unacclimatized										49	46								
45																	50	47	45									
44																	49	46	43									
43	45+	Action																		49	47	45	42					
42	42-44	only medically supervised work																		50	48	46	43	41				
41	40-41	work with 45 min/hr relief																		48	46	44	42	40				
40	38-39	work with 30 min/hr relief																		49	47	45	43	41	39			
39	34-37	work with 15 min/hr relief																		49	47	45	43	41	39	37		
38	30-33	warn for symptoms & extra water																		49	47	45	43	42	40	38	36	
37	25-29	alert for symptoms & extra water																		49	47	45	44	42	40	38	37	35
36	25-29	water as needed																		49	47	45	44	42	40	38	37	35
36	*for Humidex 45+, heat stress should be managed as per the ACGIH TLV®										50	49	47	45	44	42	40	39	37	35	34							
35									50	48	47	45	43	42	40	39	37	36	34	33								
34									49	48	46	45	43	42	40	39	37	36	34	33	31							
33									49	48	46	45	43	42	40	39	37	36	34	33	31							
32									49	48	46	45	43	42	40	39	37	36	34	33	32	30	29					
31	50	49	48	47	45	44	43	42	40	39	38	37	35	34	33	32	30	29	28	27	26	25						
30	48	47	46	44	43	42	41	40	39	37	36	35	34	33	31	30	29	28	27	26	25							
29	46	45	43	42	41	40	39	38	37	36	35	34	33	32	31	30	29	28	27	26	25							
28	43	42	41	40	39	38	37	36	35	34	33	32	31	30	29	28	27	26	25									
27	41	40	39	38	37	36	35	34	33	32	31	30	29	28	27	26	25											
26	39	38	37	36	35	34	33	33	32	31	30	29	28	27	26	25												
25	37	36	35	34	33	33	32	31	30	29	28	27	26	26	25													
24	35	34	33	33	32	31	30	29	28	28	27	26	25															
23	33	32	31	31	30	29	28	28	27	26	25																	
22	31	30	30	29	28	27	27	26	25	25																		
21	29	29	28	27	26	26	25																					
	100%	95%	90%	85%	80%	75%	70%	65%	60%	55%	50%	45%	40%	35%	30%	25%	20%	15%	10%									

South Central	South Western	Central	Northern	North Western	Eastern
848 Main Street E., Hamilton, L8M 1L9 905-549-2552	171 Kendall Street, Sarnia, N7V 4G6 519-337-4627	3129 Marentette Ave., Unit #1 Windsor, N8X 4G1 519-973-4800	970 Lawrence Ave. W., Suite #110 Toronto, M6A 3B6 416-449-0009	84 Cedar Street, 2 nd Floor Sudbury, P3E 1A5 705-523-2330	1151 Barton Street, Suite 103B Thunder Bay, P7B 5N3 807-623-3566
OHCOW TOLL FREE 1-877-817-0336					

Heat Stress Tools

- Heat Stress Calculator
- Humidex Based Heat Response Plan
- Heat Stress awareness Guide
- Infographics



Humidex 1	Response	Humidex 2
25 – 29	supply water to workers on an “as needed” basis	32 – 35
30 – 33	post Heat Stress Alert notice; encourage workers to drink extra water; start recording hourly temperature and relative humidity	36 – 39
34 – 37	post Heat Stress Warning notice; notify workers that they need to drink extra water; ensure workers are trained to recognize symptoms	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 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

Humidex calculator: http://www.ohcow.on.ca/edit/files/general_handouts/heat-stress-calculator.html

*at Humidex exposures above 45, heat stress should be managed as per the ACGIH TLV®



New Proposed Heat Stress Regulation

- Open for Public Consultation (<https://www.ontariocanada.com/registry/showAttachment.do?postingId=45108&attachmentId=58936>)
- Comments due date moved to **September 18, 2023** from original date of September 1, 2023

