

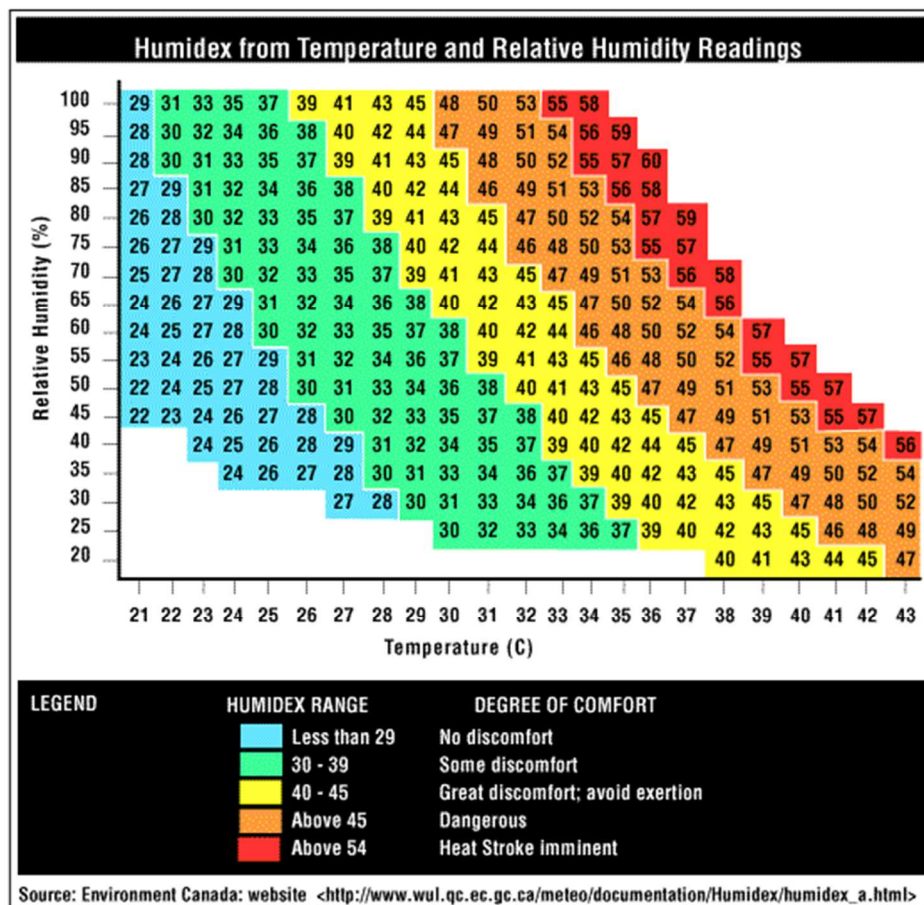
## POLICY: PROTECTING WORKERS AND PARTICIPANTS IN HOT WEATHER

Working or playing where it is hot puts stress on your body’s cooling system. When heat is combined with other stresses such as hard physical work, loss of fluids, fatigue or some pre-existing medical conditions, it may lead to heat-related illness, disability and even death.

This can happen to anybody-even the young and fit. In Ontario, heat stress is usually a concern during the summer. This is especially true early in the summer, when people are not used to the heat (Source: [https://www.labour.gov.on.ca/english/hs/pubs/gl\\_heat.php](https://www.labour.gov.on.ca/english/hs/pubs/gl_heat.php), last accessed July 19, 2016).

The Dufferin Club of Brantford (DCOB) recognizes the potential problems caused by high temperatures in the work/playing environment. To reduce the potential for heat-related illness, DCOB has developed this policy.

The humidex will be calculated by checking the temperature and relative humidity for Brantford, Ontario and using the table below.



## DCOB Humidex Based Response Plan

Based on the humidex rating the following precautions will be put in place:

Humidex Rating	Action
45+	No work/only medically supervised work
42-44	Work with 45 min/hr relief
40-41	Work with 30 min/hr relief
38-39	Work with 15 min/hr relief
30-37	Be alert for symptoms and drink extra water. Rest as needed.
25-29	Water as needed

### WHAT IS HEAT STRESS?

“Heat stress” refers to the overall heat burden to a person from all environmental sources (hot processes, sunlight), physical activities performed and clothing worn. All these factors must be taken into consideration when assessing the risk of heat stress. The risk of heat-related disorders increases as the heat stress increases and these can reach levels that are dangerous to health. Everyone, including young and fit can be affected by heat stress. You are generally at the highest risk of suffering a heat related disorder if you:

- Work outdoors.
- Perform strenuous work or physical activity as this contributes to the body’s overall heat burden.
- Are susceptible because of a medical condition.
- Don’t self-pace or take regular breaks in cooler areas (e.g. shady or air-conditioned areas).
- Don’t consume enough water.
- Don’t recognize or ignore symptoms of heat stress.

### HEAT STRESS PREVENTION

Tips to help you cope with hot, humid weather and protect yourself from heat stress:

- Take time to get used to working/playing in the heat.
- Wear light coloured and lightweight clothing.
- Keep hydrated by drinking plenty of cool fluids (preferably water). Drink at least one cup every 20 minutes - even if you aren’t thirsty!
- Salt your food (salt level drops in blood due to heavy sweating).
- Take rest breaks in cool or shady areas.
- Schedule work for cooler periods of the day (early morning or late evening). Avoid doing strenuous or outside work or physical activity in peak temperatures if possible.
- Adjust your work pace according to the environmental conditions and your abilities.
- Reduce the amount of physical effort required to perform strenuous tasks.
- Seek medical attention if you feel dizzy or light headed.
- Contact a board member if you have concerns regarding working in the heat.

## Causes, Symptoms, Treatment and Prevention of Heat Stress-Related Disorders

(Source: [https://www.labour.gov.on.ca/english/hs/pubs/gl\\_heat.php](https://www.labour.gov.on.ca/english/hs/pubs/gl_heat.php), last accessed July 19, 2016)

Disorder	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 from strenuous physical activity drains a person's body of fluid and salt, which cannot be replaced just by drinking water. Heat cramps occur from salt imbalance resulting from failure to replace salt lost from heavy sweating.	Painful cramps occur commonly in the most worked muscles (arms, legs or stomach); this can happen suddenly at work or later at home. Heat cramps are serious because they can be a warning of other more dangerous heat-induced illnesses.	Move to a cool area; loosen clothing, gently massage and stretch affected muscles and drink cool salted water (1½ to 2½ mL salt in 1 litre of water) or balanced commercial fluid electrolyte replacement beverage. If the cramps are severe or don't go away after salt and fluid replacement, seek medical aid. Salt tablets are not recommended.	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.
Fainting	Fluid loss, inadequate water intake and standing still, resulting in decreased blood flow to brain. Usually occurs in unacclimatized persons.	Sudden fainting after at least two hours of work; cool moist skin; weak pulse.	GET MEDICAL ATTENTION. Assess need for cardiopulmonary resuscitation (CPR). Move to a cool area; loosen clothing; have the person lie down; and if the person is conscious, offer sips of cool water. Fainting may also be due to other illnesses.	Reduce activity levels and/or heat exposure. Drink fluids regularly. Move around and avoid standing in one place for too long. Workers should check on each other to help spot the symptoms that often precede heat stroke.
Heat exhaustion	Fluid loss and inadequate salt and water intake causes a person's body's cooling system to start to break down.	Heavy sweating; cool moist skin; body temperature over 38°C; weak pulse; normal or low blood pressure; person is tired and weak, and has nausea and vomiting; is very thirsty; or is panting or breathing rapidly; vision may be blurred.	GET MEDICAL ATTENTION. This condition can lead to heat stroke, which can cause death quickly. Move the person to a cool shaded area; loosen or remove excess clothing; provide cool water to drink; fan and spray with cool water. Do not leave affected person alone.	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.

Disorder	Cause	Symptoms	Treatment	Prevention
Heat stroke	<p>There are two types of heat stroke:</p> <p>-Classic heat stroke may occur in older adults and in persons with chronic illnesses exposed to excessive heat. When the body has used up its water and salt reserves, it stops sweating causing a rise in body temperature.</p> <p>-Exertional heat stroke generally occurs in young persons, who engage in strenuous physical activity for a prolonged period of time in a hot environment and the body's cooling mechanism cannot get rid of the excessive heat.</p> <p>Heat stroke may develop suddenly or may follow from heat exhaustion.</p>	<p>High body temperature (over 40°C) and any one of the following: the person is weak, confused, upset or acting strangely; has hot, dry, red skin (classic heat stroke) or profusely sweating (exertional heat stroke); a fast pulse; headache or dizziness. In later stages, a person may pass out and have convulsions.</p>	<p>CALL AMBULANCE. This condition can kill a person quickly. Remove excess clothing; fan and spray the person with cool water; offer sips of cool water if the person is conscious.</p>	<p>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.</p>

### First Aid Response for Symptoms of Heat Stress

If an employee or a participant is experiencing symptoms of “heat stress,” please follow these important steps:

- Take the employee/participant to a cool or an air-conditioned first room, cool down with cold compresses, and give mildly salted water or a sport drink to drink.
- If the employee/participant is under the age of 16, contact their parent or guardian.
- If it is an employee experiencing heat stress, contact a board member a.s.a.p.
- If the employee/participant appears to be suffering from “heat stroke,” call 911 immediately for medical assistance.

**AN EMPLOYEE OR PARTICIPANT WHO IS SUFFERING FROM A HEAT-RELATED ILLNESS MUST NOT BE LEFT ALONE.**