



Safety Bulletin

June 2023

HEAT STRESS

Please Share with all Facilities Staff

Recently, summer temperatures have been higher and sustained longer than ever before and we need to be prepared to recognize and respond to the risk. Considering the coming forecast when planning work and sharing strategies with our staff, will allow for opportunities to avoid unnecessary exposures. There are three main causes of heat stress:

THE ENVIRONMENT

Radiant heat from direct or indirect sunlight (i.e. reflection from pavement)

Air temperature hotter than skin temperature (warms a worker up)

High humidity (makes it harder for a worker to cool down)

THE WORK

The more active you are, the more heat you will produce

THE WORKER

Conditioning (regular work in

salt through sweat. As workers dehydrate, they are less able to cool themselves down. Workers in a hot environment should be aware of these warning signs of heat stress and steps to take if experienced:



