



14. HEAT STRESS

HEAT STRESS CAN HURT YOU. PREVENT IT. STAY SAFE.

WHY THIS MATTERS

Working in hot conditions can cause heat stress, which can lead to heat exhaustion, heat stroke or even death if not recognized and treated early.

Recognize the risk. Take precautions. Look out for yourself and others.

COMMON SYMPTOMS

- HEAT EXHAUSTION**
 - Heavy sweating
 - Weakness or fatigue
 - Dizziness or headache
 - Nausea or vomiting
 - Muscle cramps
- HEAT STROKE – MEDICAL EMERGENCY**
 - High body temperature (above 40°C / 104°F)
 - Hot, red, dry or damp skin
 - Confusion or disorientation
 - Rapid pulse
 - Fainting or unconsciousness

! If you see someone with symptoms of heat stroke, **ACT FAST.** Get medical help immediately.

RISK FACTORS – WHAT INCREASES YOUR RISK?

- High temperature and humidity
- Long periods of physical activity without breaks
- Dehydration
- Heavy clothing or PPE
- Not being acclimatized
- Medical conditions or certain medications

PROTECT YOURSELF – PREVENT HEAT STRESS



- DRINK WATER REGULARLY**
Even if you are not thirsty. Avoid sugary or alcoholic drinks.
- TAKE REGULAR BREAKS**
Rest in the shade or a cool area frequently.
- USE SHADE AND COOL AREAS**
Take breaks in shaded or air-conditioned areas.
- WEAR LIGHT, BREATHABLE CLOTHING**
Wear light-colored clothes and take off extra layers.
- WEAR PPE SMARTLY**
Follow rules, but use cooling products or vented gear where available.
- LOOK OUT FOR OTHERS**
Watch for signs in your co-workers. Don't wait—report and act.
- ACCLIMATIZE**
Take time to get used to working in the heat. Build up gradually.

DO'S – FOLLOW THESE

- ✓ Drink plenty of water throughout the day.
- ✓ Take short, frequent breaks in the shade.
- ✓ Wear lightweight, loose-fitting clothes.
- ✓ Eat light meals and snacks.
- ✓ Use sunscreen and wear a hat or cap.
- ✓ Know the symptoms and act early.
- ✓ Follow your company's heat stress plan.

DON'TS – AVOID THESE

- ✗ Don't wait until you are thirsty to drink.
- ✗ Don't ignore early warning signs.
- ✗ Don't skip breaks or rest periods.
- ✗ Don't wear unnecessary heavy clothing.
- ✗ Don't drink alcohol or caffeinated drinks.
- ✗ Don't work alone in extreme heat.
- ✗ Don't overexert yourself.

WHEN THE HEAT IS EXTREME

- ✓ Follow modified work schedules.
 - ✓ Increase rest and hydration breaks.
 - ✓ Reduce workload or rotate tasks.
 - ✓ Supervisors – monitor conditions and adjust work plans.
- SAFETY COMES FIRST. SLOW DOWN. STAY COOL. STAY SAFE.**

DISCUSSION QUESTIONS

- 1 What are the signs of heat exhaustion?
- 2 What should you do if you see someone showing symptoms of heat stroke?
- 3 How can we prevent heat stress at our workplace?
- 4 Are we drinking enough water and taking breaks?

KEY TAKEAWAY

BEAT THE HEAT!

- ✓ Hydrate.
- ✓ Rest.
- ✓ Stay cool.
- ✓ Look out for others.
- ✓ Stop if something feels wrong.

YOUR HEALTH IS YOUR GREATEST ASSET.

REAL-LIFE EXAMPLE

A worker felt dizzy and weak while working on a rooftop in the afternoon. A co-worker noticed he was sweating heavily and looked unwell. They moved him to the shade, gave him water and informed the supervisor. He recovered after resting and did not need medical treatment.

Looking out for each other can save a life.

HEAT INDEX – KNOW THE RISK

Heat index tells how hot it feels when humidity is added to the actual temperature.

HEAT INDEX (°C)	RISK LEVEL	ACTIONS
27 – 32	CAUTION	Stay hydrated. Take breaks.
32 – 41	EXTREME CAUTION	Limit time in heat. Increase breaks.
41 – 54	DANGER	Reduce or reschedule work. Close monitoring required.
54 and above	EXTREME DANGER	Stop work. Take immediate action.

EMERGENCY ACTION – ACT FAST

- If someone shows signs of heat stroke:
- 1 Move to a cool shaded area.
 - 2 Remove extra clothing.
 - 3 Cool the body with water, fanning or cool packs.
 - 4 Give sips of water if conscious.
 - 5 Call for medical help immediately.
- TIME IS CRITICAL. ACT IMMEDIATELY.**

DAILY HEAT CHECK

- Before starting work, ask:**
- ✓ Is the heat index in a safe range?
 - ✓ Have we planned enough water and shade?
 - ✓ Are rest breaks scheduled?
 - ✓ Are workers acclimatized?
 - ✓ Is everyone feeling well?
- CHECK. PLAN. PROTECT.**

SUPERVISOR SIGN-OFF

Discussed with crew by: _____ Date: _____

SAFETY MESSAGE
Heat stress is preventable. Everyone plays a part in keeping our team safe and productive.