



# NORSTEEL SAFETY SENTINEL

PROMOTING A SAFE WORKING ENVIRONMENT

ISSUE 2 | JULY 2024

## MANAGING HEAT STRESS AT WORK

“Heat stress” is the net heat load on the body. It is partly caused by the temperature, but there are also other factors that contribute to heat stress. These include environmental conditions, demands of the work, clothing, and personal characteristics.



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## FACTORS YOU NEED TO CONSIDER.....

### ENVIRONMENTAL FACTORS |

Temperature • Humidity • Air velocity • Radiant heat (*either from the sun or from another source such as a furnace*)

### JOB RELATED FACTORS |

Work rate • Physical effort required • Type of clothing and protective equipment used • Duration of work activity • Frequency of breaks

### PERSONAL CHARACTERISTICS: |

Age • Weight • Physical fitness • Heat acclimatization



## DANGERS | SIGNS TO WATCH FOR

### Heat Exhaustion

### Heat Stroke

#### ACT FAST

- Move to a cooler area
- Loosen clothing
- Sip cool water
- Seek medical help if symptoms don't improve

Dizziness  
Thirst  
Heavy Sweating  
Nausea  
Weakness



Confusion  
Dizziness  
Becomes Unconscious

#### ACT FAST

- CALL 911**
- Move person to a cooler area
  - Loosen clothing and remove extra layers
  - Cool with water or ice

Heat exhaustion can lead to heat stroke.

Heat stroke can cause death or permanent disability if emergency treatment is not given.

## Reminders

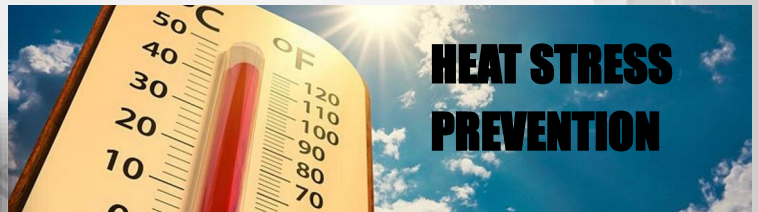
Timesheets need to be completed daily.

Daily Hazard Assessments are to be completed before work begins.

Report any Near Misses to your supervisor.

## WORKING IN TEMPERATURES ABOVE 35°C

A thin layer of air is always trapped next to the skin. When the air temperature is higher than the skin temperature, this trapped layer of air protects the skin from direct contact with the hotter air in the environment. Airflow from fans or wind at these high temperatures can strip away this protective layer of air and cause the body to be heated by the warmer air. This is known as convective heating. Wearing a light layer of loose-fitting clothing helps maintain the protective layer of air. This is why people in hot desert climates cover themselves in clothing from head to toe.



## HEAT STRESS PREVENTION

There are things you can do to feel more comfortable and prevent heat stress:

Familiarize yourself with the signs and symptoms of heat stress in yourself & co-workers. Avoid working alone.

Stay hydrated and drink plenty of water frequently (every 20 minutes) throughout the day. Avoid dehydrating beverages such as coffee and alcohol.

Acclimatize your body (gradually expose yourself to heat and work) especially if you are a new & young worker.

Wear clean, light-colored, loose fitting clothing made of breathable fabric.

Take rest breaks in a cool or well-ventilated area. Take more breaks during the hottest part of the day or when doing hard physical work. Allow your body to cool down before beginning again.

Schedule work to minimize heat exposure. Do the hardest physical work during the coolest part of the day.

Lather on sunscreen very frequently. Wear sunglasses and hats when possible.

Have a shift-buddy to check in for symptoms of heat stress. Talk to each other and look for slurred words and/ or confusion.