

# **A READY-MADE HEAT-DEFENSE PLAN FOR KEEPING WORKERS SAFE AND PRODUCTIVE IN THE HEAT**

Please see accompanying document for detailed explanation of each category

<b>Be ready before the hot weather season</b>	✓
Have a plan in place before the hot weather season	
Make sure all workers know the plan	
Organize a buddy system	
Have all needed equipment in place before the hot weather season	
<b>Assess the risk</b>	✓
Know that everyone can be at risk, but in particular	
Older workers	
Workers with physically demanding jobs	
Workers exposed to especially hot conditions	
New workers	
Know where the heat is coming from:	
Temperature	
Humidity	
Radiative heat	
Lack of air movement	
<b>Pay attention to the weather</b>	✓
Personalized weather platforms	
Local weather	
<b>Give extra breaks</b>	✓
If no breaks are given, workers will stop and slow down on their own. Counteract these affects by giving:	
2 min water breaks every 30 min	
5 min breaks every hour	
Longer breaks for more intense environments	
<b>Reorganize the work day</b>	✓
Start the work day 1-2 hours early	
Reschedule daily so the most physically demanding tasks are performed in the mornings	
<b>Stay hydrated</b>	✓
Dehydration hurts workers productivity as well as their short and long term health. Strategies include:	
Make sure water is always nearby	

Workers should be drinking until their urine is light yellow or clear	
Ensure sufficient and clean lavatories are present so workers do not voluntarily dehydrate to avoid using facilities	
Special consideration for field workers:	
Provide workers with water carrying devices (e.g. belts and backpacks)	
Create water caches where workers can go to hydrate (e.g. fresh water jugs in shaded areas) and provide time to use lavatories	
<b>Create cooling stations</b>	✓
To improve the effectiveness of taking breaks, provide designated cooling stations which are:	
Equipped with fresh cool drinking water	
Stationary ventilators if AC not possible	
Small air-conditioned rooms indoors	
Shaded tents/parasols	
<b>Cooling options</b>	✓
Ice slushies	
Arm immersion	
Cooling vests	
Ice towels	
Stationary ventilation	
<b>Optimize clothing</b>	✓
Indoor:	
Incorporate ventilation patched into protective clothing	
Outdoor:	
Wear long loose-fitting, light-coloured, light-weight breathable garments and a hat	
<b>Signs and symptoms of heat illness</b>	✓
These include:	
cessation of sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache , confusion, nausea or vomiting, fainting, cool and moist skin, fast and weak pulse rate, fast and shallow breathing	
<b>Treating heat illness</b>	✓
In the event of a worker experiencing the symptoms of heat illness, you should:	
1. Move them to a cool area and out of the sun 2. Sit down and take a quick rest 3. Drink plenty of cool water 4. Apply a cool water on skin	