

OCCUPATIONAL EXPOSURE TO HEAT STRESS IN FEDERALLY REGULATED WORKPLACES

Do you have concerns?

IS THIS YOUR WORKPLACE OR INDUSTRY?

- Postal work (contractors/employees)
- Long shoring work
- Barge work
- Other outdoor work (ex. maintenance, inspections, training, emergency response)

YES

For information, refer to publication:
Thermal stress technical guideline.

CONCERNS ON HOT DAYS OR IN HOT ENVIRONMENTS:

- Are you unaware of the early signs or symptoms of heat stress?
- Do you feel unbearably hot, flushed, fatigued, weak/faint/dizzy/lightheaded and are you sweating excessively while working?
- Do you suffer from any chronic illness and/or have had previous episodes of heat-related disorders?
- Do you feel thirsty or distracted or you experience blurred vision while working?
- Are you new to working in the heat (unacclimatized)?
- Do you wear PPE or work near equipment that emits heat into the workplace?
- Is your work physically demanding and conducted mostly outdoors?
- Do you experience itching skin and/or reduced sweating or skin rash?
- Do you have painful muscle cramps, especially in abdominal and fatigued muscles?
- Do you work alone where you cannot easily communicate with fellow employees?

ACTION TO TAKE

You answered “**YES**” to one or more of these questions or if you have other heat stress concerns.

Raise the issue with your supervisor.
Refer to the
Internal complaint resolution process website.

UNRESOLVED?

Refer to Labour Program by telephone 1-800-641-4049 or consult canada.ca/workplace-health-safety.

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