## Working in Hot Environments Safety Tips

**Be Prepared**
- Know the signs and symptoms of heat stress
- Drink plenty of water
- Make a plan with your supervisor for appropriate breaks in a cool place
- Select and inspect appropriate personal protective equipment (PPE)
- Loose fitting light coloured clothing
- Safety glasses
- Wide brimmed hat
- Special clothing may be required in some environments eg. Aluminized garment, cooling vest

**Work Safe**
- Work out of direct sunlight and move away from heat sources when possible
- Schedule strenuous work to cooler times
- Adjust work intensity
- Take regular breaks to cool down
- Add or adjust fans
- Drink plenty of water even if not thirsty
- Watch yourself and coworkers for signs of heat stress (Excessive sweating, dizziness, nausea)

**Finish Right**
- Clean Inspect and put away PPE
- Continue to drink water to ensure proper hydration
- Report any safety or health concerns to your supervisor
- Continue to monitor yourself for signs of heat stress

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Speak up!
If you see a hazard, let a supervisor know. Everyone plays a role in your safety and health.

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HOW TO USE SAFETY CHECKS FOR WORKERS

Safety checks provide information for workers on how to work safely with specific hazards. Safety Check information can be used in orientation training, tailgate talks or even in one-one coaching. Use the following tips to help you communicate this information in your workplace:

- Use language that is consistent with the workplace
- Consider the work you do and specific examples of how these hazards can result in injury or illness
- Explain how the safe work practices will help prevent injury and illness
- Wherever possible, use the actual tools, equipment, materials and PPE to demonstrate proper use
- Ask specific questions during your talk to check understanding
- Keep a record of each talk that you deliver (see the form below)
- Post a copy of the Safety Check for workers to reference

OWNERS AND SUPERVISORS

Have you taken reasonable measures to control this hazard using the hierarchy of controls?

- Eliminating the need to work in the hot environment
- Installing Engineering measures: heat/sun barriers, insulation, reducing humidity
- Implementing heat stress prevention program
- Training
- Posting signage
- Implement and enforce PPE program

Date: ____________________________ Topic: __________________________________________________

Safety Check Session Leader: _________________________________________________________________

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