

# Tips for Protecting Workers from Heat Stress



☒ The summer is nearly upon us. In fact, it's already pretty hot in some areas. Although many people look forward to the warm weather, high temperatures pose a serious hazard to workers, especially those who work outside.

That's why the workplace safety agency in California just launched a heat illness prevention campaign. The agency's heat illness [webpage](#) provides lots of good information on heat stress and related illnesses. Here are some tips it has:

## **Employers should:**

- Train workers on the dangers of heat illness and how to recognize the signs and symptoms of the two main types of heat illness: heat stroke and heat exhaustion
- Provide workers at risk of heat illness with cool, fresh water to drink
- Provide a shaded area for workers to cool down in
- Give workers time to get used to the heat, especially new workers and during a heat wave
- Try to limit outside or especially rigorous work to the cooler times of day
- Prepare a heat stress plan for preventing heat illnesses and responding to them when they occur.

## **Workers at risk of heat illness should:**

- Drink water every 15 minutes—even if they're not thirsty

- Wear a hat and light-coloured clothing
- Watch out for signs of heat illness in co-workers
- Rest in the shade
- Immediately report any symptoms of heat illness to their supervisor.

## **OHS Insider Resources**

Go to the OHS Insider's [Heat Stress Compliance Center](#) for more information on heat stress and other heat illnesses, including

- [Legal obligation](#) to protect workers from heat stress
- How to create a [hot weather plan](#)
- A model [humidex-based heat stress response plan](#)
- The role of [heat stress monitors](#)
- A [hand out](#) for workers on the danger signs of heat illnesses
- Several videos on heat stress.