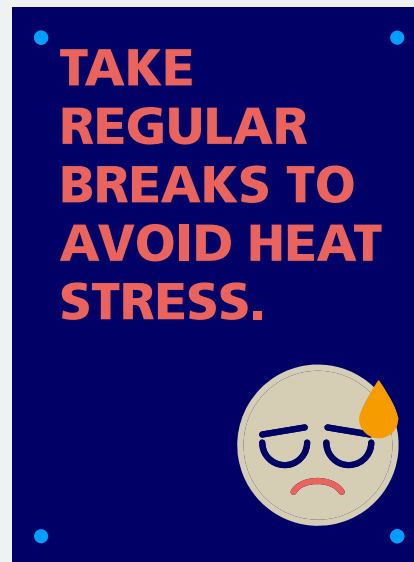


Nine tips to reduce heat stress in the workplace



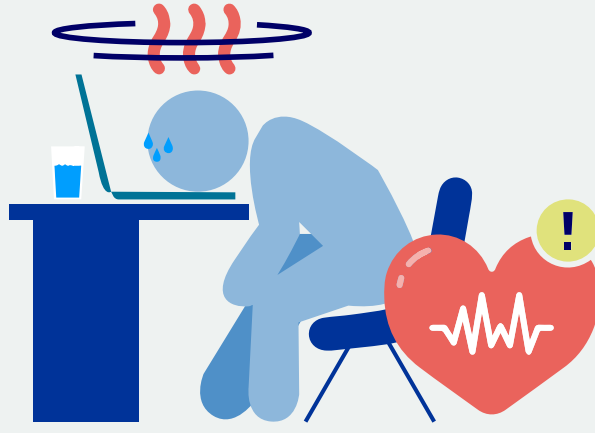
Establish a heat illness prevention program

Include safe working practices and emergency procedures. Define a safe environment (temperature and humidity) and specify how long you can work in a hot environment.



Provide education and training

Ensure your workers are aware of the risks of heat stress associated with their work, and they understand the symptoms to look out for.



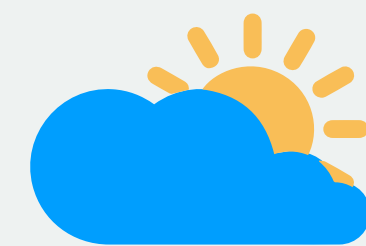
Allow workers to acclimatize

Gradually increase workload and heat exposure. Identify which workers are acclimatized or assessed as fit to work in hot conditions.



Reduce exposure to hot environments

Design work timetables around the weather with the most strenuous work scheduled for cooler times of the day.



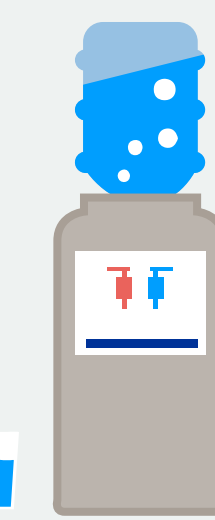
Increase air circulation

Use fans, air conditioning and ventilation to lower temperatures; and physical structures that reduce exposure to radiant heat or create shade.



Prevent dehydration

Provide cool water and encourage workers to drink every 15-20 minutes, thirsty or not, during hot weather. Avoid caffeine and alcohol.



Monitor the health of workers

Check those who are most at risk to heat stress due to the nature of their job or because of an illness, condition or medication.



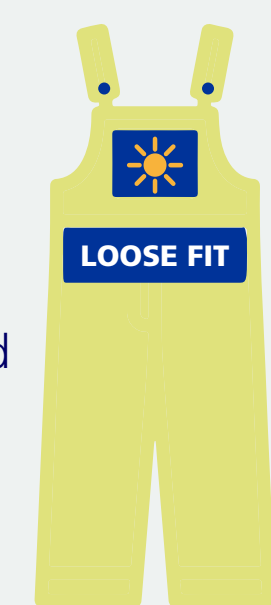
Provide frequent rest breaks

On the hottest days, provide hourly breaks with access to cool areas in the shade, or in an air conditioned building or vehicle.



Supply appropriate clothing

Outside workers should wear light, loose-fitting clothing, sunglasses and sunscreen. Be aware that protective equipment may increase risk of heat stress, and provide more rest breaks for these employees.

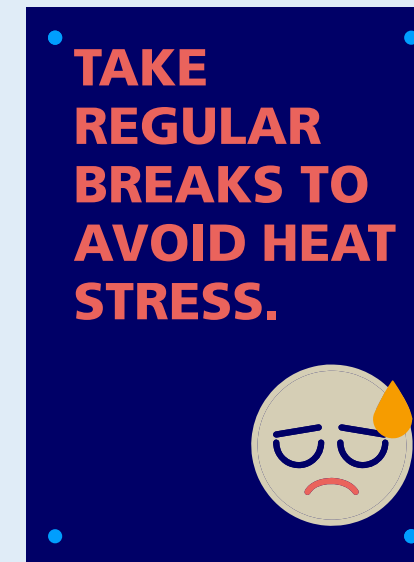


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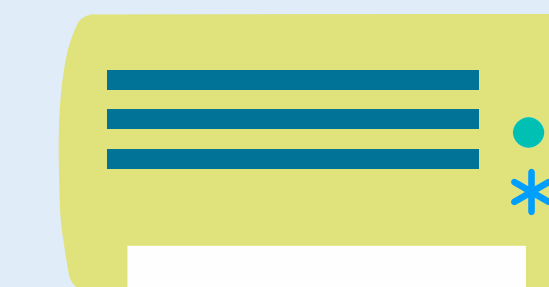
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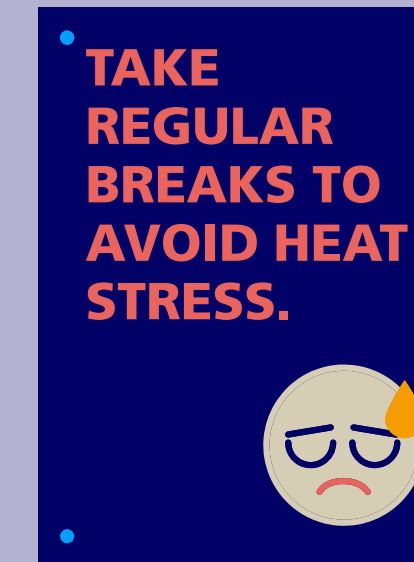


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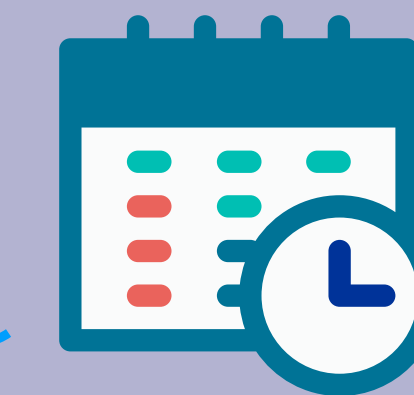
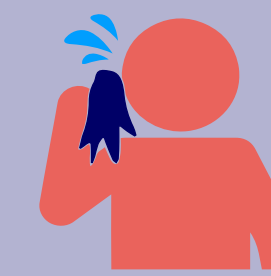
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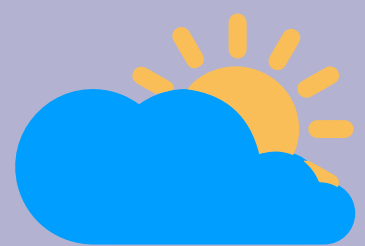
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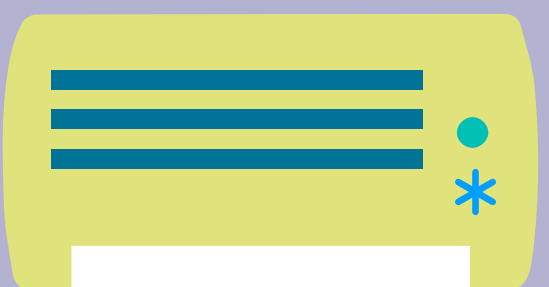
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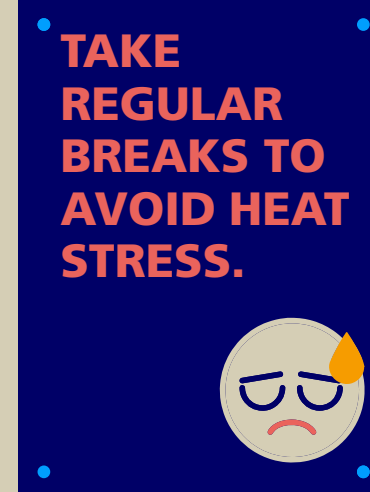
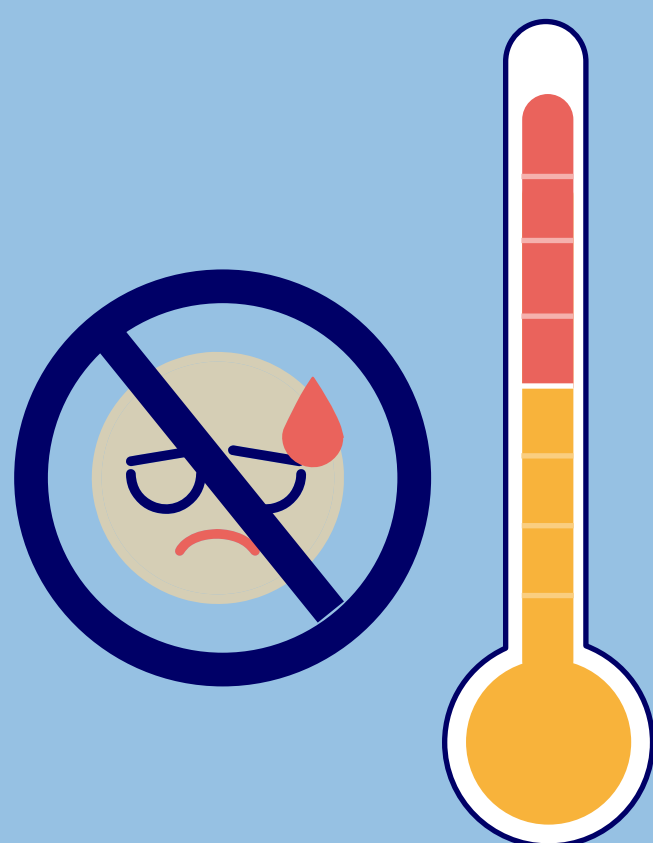
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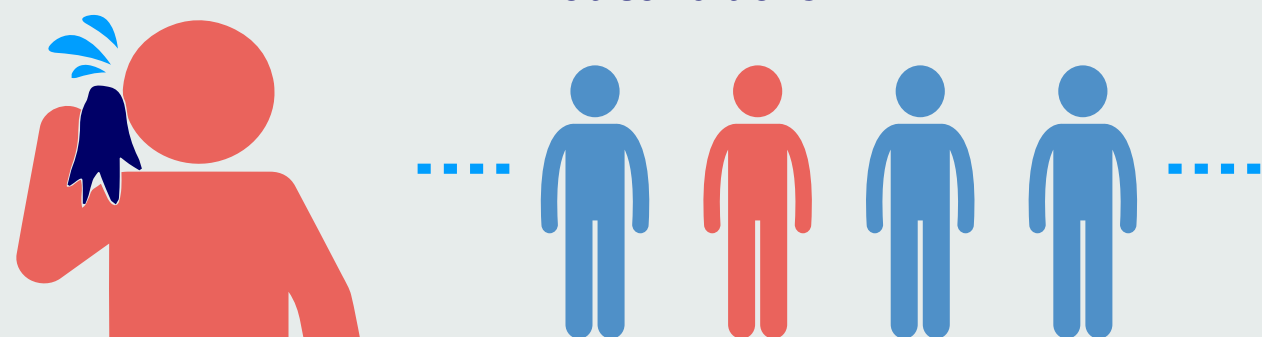
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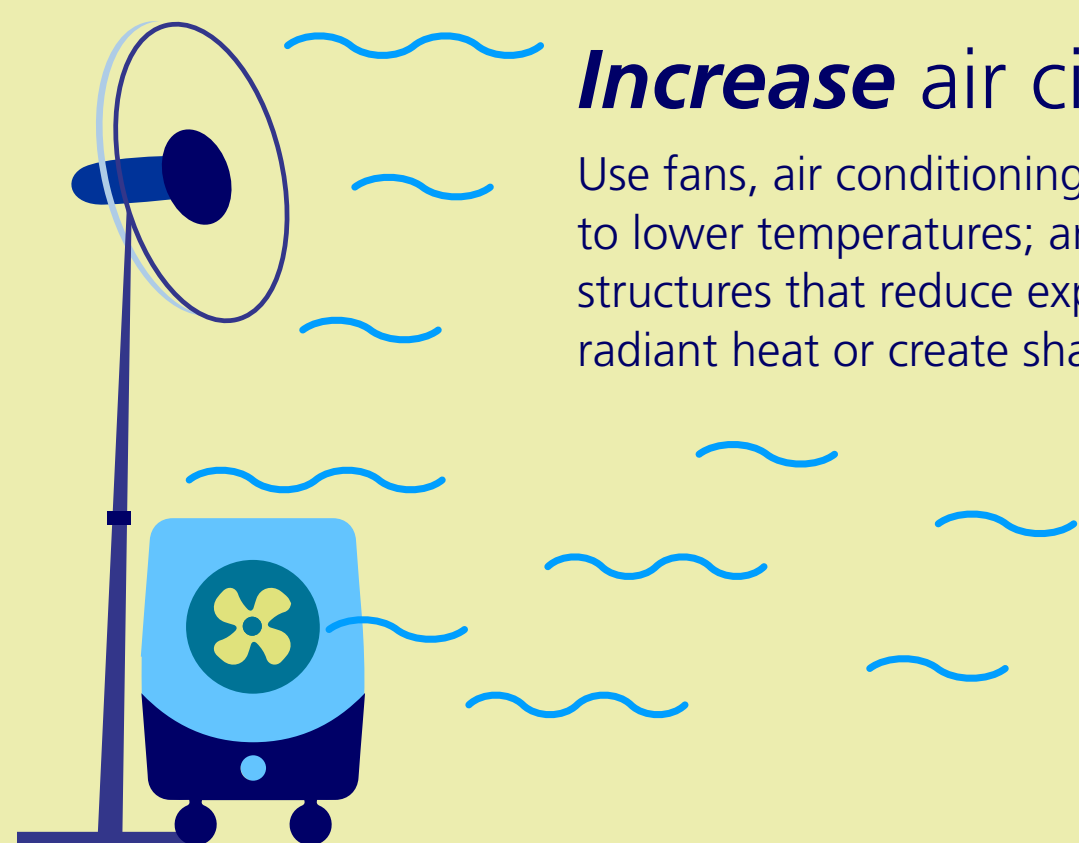
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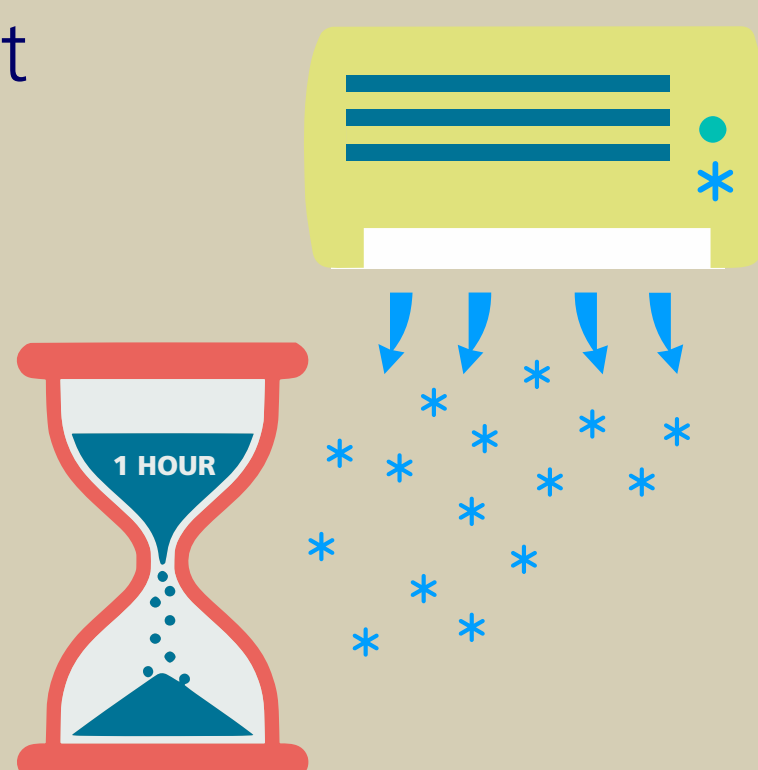
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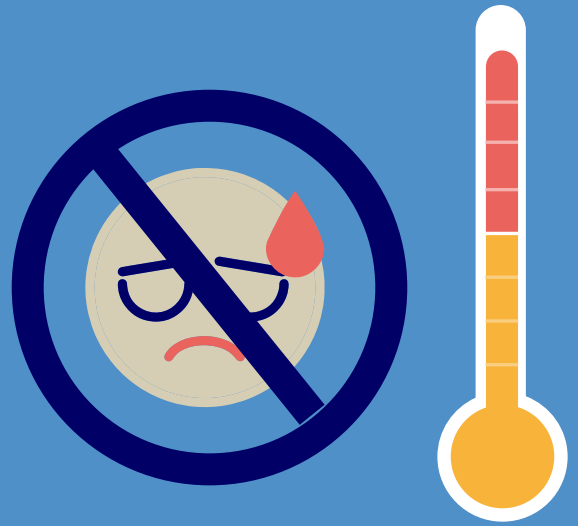


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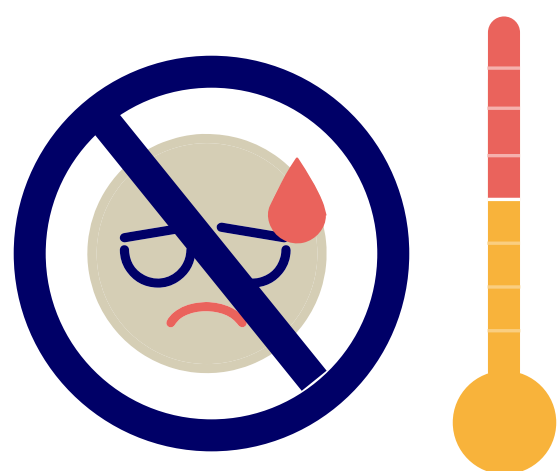


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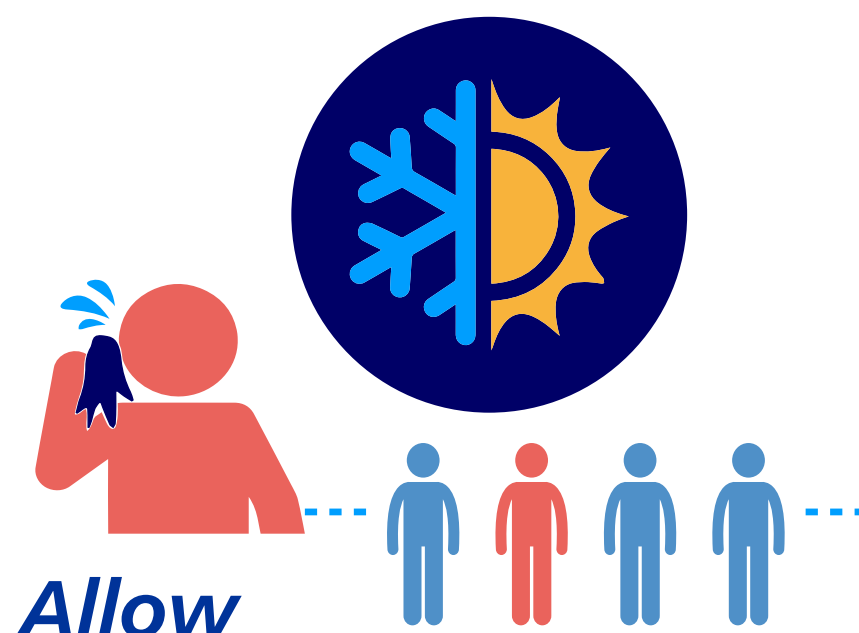
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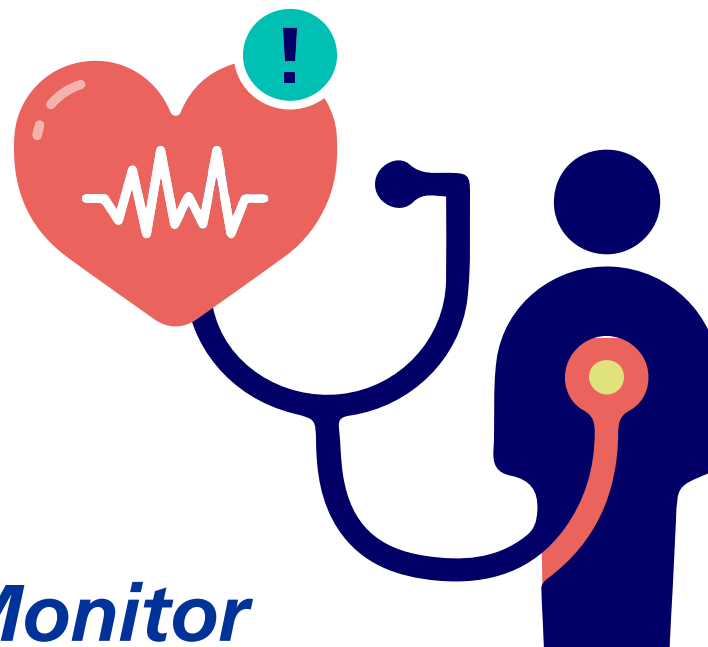
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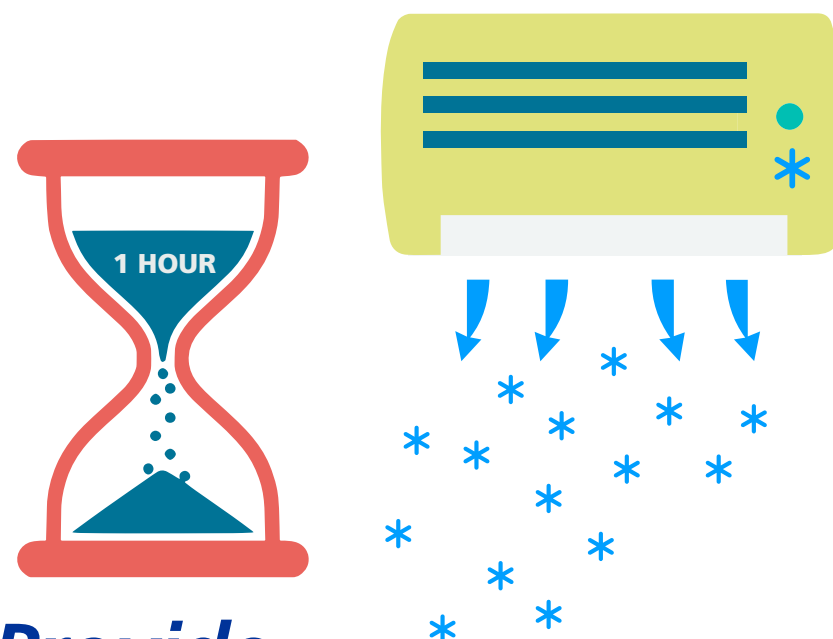
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