Team Talk

Health and Safety

Sun Safety

Overview

Human bodies naturally maintain temperatures between 36 and 38 degrees Celsius. If body temperatures rise faster than the body can disperse excess heat (through sweat and other means) people may experience heat stress.

Factors that contribute to heat stress include:

- Environment
  - Air temperature
  - Airflow
  - Humidity
  - Radiant heat
- Employee
  - Acclimatization
  - Hydration
  - Clothing
  - Medical conditions
- Work Type
  - Workload
  - Work rate

Signs and Symptoms of Heat Stress

- Heat cramps
  - Excessive sweating
  - Muscle spasms
- Heat Exhaustion
  - Shallow respiration
  - Cool, clammy skin
  - Headache and nausea
  - Muscle cramps
- Heat Stroke
  - No longer sweating
  - Confusion
  - Nausea and vomiting
  - Irregular heart rate

If showing signs and symptoms of heat cramps, move to a cool environment and drink water/electrolytes.

If showing signs of Heat Exhaustion or Heat Stroke seek First Aid. If symptoms persist contact 911.

Safety Controls

Building Engineering Controls

- **Keep windows and doors closed,** this allows the HVAC systems to exchange air correctly. It will be cooler in the building than outside.
- **Close blinds if possible** as they shield radiant heat.

Administrative Controls

- As temperatures have slowly increased allow time to acclimatize to the warmer weather.
- Perform more strenuous tasks in the morning when it is cooler.
- Drink plenty of fluids (water).
- If doing outdoor activities, take rest breaks in the shade as required.

Personal Controls

- Wear light-colored, light weight, breathable clothing.
- Know your personal limits and monitor for symptoms.
- Wear sunscreen and a sun hat.

It is important to practice Sun Safety, especially as the warm and sunny days approach.

For any additional information please talk to your supervisor.

Contact Information

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