



Safety Bulletin

AMTA Alberta Motor Transport Association

Working in Extreme Heat

Hot weather is a workplace hazard. Like all hazards, employers must have a plan to control or eliminate dangers associated with working in the heat.

EARLY WARNING SIGNS OF HEAT STRESS

1. Irritability
2. Fainting, dizziness and fatigue
3. Dehydration
4. Headaches and confusion
5. Muscle cramps and sweating
6. Heat rash
7. Changes to breathing and pulse rate

WORSENING SYMPTOMS

1. Sweating may stop
2. Hot and dry skin
3. Changes to pulse rate
4. Severe muscle cramps
5. Exhaustion
6. Trouble breathing
- 7. Untreated heat stress can lead to coma or death**

PREVENTION:

1. Complete a hazard assessment to identify work situations
2. Wear suitable clothing for the heat, using protective equipment designed to reduce heat stress
3. Establish a cooling station
4. Change the location or time of work to when it is cooler
5. Ensure workers are trained to recognize and provide first aid for heat exposure
6. Drink one cup of water every 15 minutes
7. Allow workers to adapt to the temperature

Everyone is different. Be aware of the signs of heat stress in yourself and your co-workers, so it can be treated right away!

