

Extreme heat

Instructions

- Before the huddle, print out *Summer is here (and so are its hazards)* poster for review in the safety huddle meeting.
- Review your organization's written safety procedures for working in hot weather, this may be written as an *exposure control plan* or as part of your emergency preparedness documentation. If your organization does not have written safety procedures that support working safely in hot weather conditions, refer to the resources section of this huddle.
- Start the safety huddle by outlining risk factors for warm weather-related heat stress (heat exhaustion and heat stroke) and the preventative measures – both are described on the poster. If your organization has site specific preventative measures include that content as well.
- Use the guiding questions to ensure an understanding of the warning signs and preventative measures that support the health and safety of your staff, and the residents/clients they care for.
- After the safety huddle, display the poster around your site as a training reminder.



Guiding questions

- What are the signs of heat stress (heat exhaustion, heat stroke)?
- What are our organization's written safety procedures for dealing with extreme heat?
- What safety precautions can we implement to reduce the risk of heat stress?
- If you are concerned about extreme heat in the workplace, or you see signs of heat exhaustion or stroke - what should you do?
- Are there any barriers that prevent you from reducing heat stress?

After this huddle

Staff should be able to to:

- Report and recognize the signs of heat exhaustion and heat stroke.
- Take preventative measures that help avoid the ill effects of heat stress.
- Identify your organization's written safety procedures if anyone is showing signs of heat exhaustion or heat stroke.

health authority for the latest PPE guidance management for extreme heat conditions.

Other strategies to consider are:

- Encouraging micro-breaks or additional breaks for staff that require full PPE use
- Offering additional masks to allow for replacement of overly soiled or damp masks
- Scheduling procedures in cooler rooms or earlier in the day for warmer rooms

Note to the huddle leader

- In extreme heat events, it may become extremely uncomfortable or even unsafe to wear full personal protective equipment (PPE), such as goggles, masks and gowns.
- Organizations should check with their



NO SWEATING



VOMITING



HEADACHE



DRY AND RED SKIN



HIGH BODY
TEMPERATURE



EXTREME THIRST



RAPID HEARTBEAT



CRAMPS



SEIZURES



LOSS OF CONCIIOUSNESS

