



Extreme Temperatures

Developed by:		Approved by:	Date created:	Last revision:
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Possible Hazards Present		Personal Protection Required		Additional Training
<ul style="list-style-type: none"> - Heat exhaustion/heat stroke - Fainting - Frostbite 		<ul style="list-style-type: none"> - As Per Hazards Identified 		
<p>Winter</p> <ol style="list-style-type: none"> 1. Check weather for the day to determine appropriate clothing 2. Wear layers so you can remove them or put more on as you get working 3. Ensure you take warm up breaks as required. 4. Check for signs of frost nip/bite. If you feel numbness or hotness in your extremities. STOP immediately and seek first aid attention. <p>Summer</p> <ol style="list-style-type: none"> 1. Check weather for the day to determine appropriate clothing. 2. Wear light clothing to ensure you have protection from the sun 3. Apply sun screen as needed. 4. Drink lots of water, avoid coffee and pop. 5. Be aware of the signs of heat exhaustion/stroke <ul style="list-style-type: none"> • Dizziness • Incoherent speech • Profuse sweating or lack of • Clammy skin <p>**IF AN EMPLOYEE FAINTS AND LOOSES CONSIIOUSNESS AND CANNOT BE ROUSED CALL 911 IMMEDIATELY**</p> <p>Contact your supervisor immediately after and notify them of the situation</p>				
Documentation/Legislation				
Guideline for Thermal Stress			<p>This Safe Work Procedure will be reviewed anytime the task, equipment or materials change and at a minimum every three years.</p>	