



Working in Extreme Heat

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"> - Dehydration - Heat Cramps - Heat exhaustion - Heat stroke 		<ul style="list-style-type: none"> - Wear Appropriate Clothing 		
<ol style="list-style-type: none"> 1. Be aware of the weather conditions for the duration of the work period 2. Ensure your clothing is dry and without defect 3. Dress in layers so that clothing can be easily removed or added as required. 4. Drink plenty of fluids. (Clear fluids are recommended). 5. Seek emergency medical care for anyone who has been in the heat and who has the following symptoms: <ul style="list-style-type: none"> - Confusion, anxiety, or loss of consciousness - Very rapid or dramatically slowed heartbeat - Rapid rise in body temperature that reaches 104 degrees to 106 degrees F - Either drenching sweats accompanied by cold, clammy skin (which may indicate heat exhaustion) or a marked decrease in sweating accompanied by hot, flushed, dry skin (which may indicate heat stroke) - Convulsions - Any other heat-related symptom that is not alleviated by moving to a shady or air-conditioned area and administering fluids and salts 				
Documentation/Legislation Workplace Safety and Health Regulation, M.R. 217/2006 2.1 Safe Work Procedures 4.12-4.13 Thermal Conditions			<p style="text-align: center;">This Safe Work Procedure will be reviewed anytime the task, equipment or materials change and at a minimum every three years.</p>	