

HEATSTROKE

Conditions that increase the risk of heat stroke:

- Lack of water nearby or not drinking enough water
- Exposure to the sun or without air circulation
- Performing tasks requiring sustained physical effort
- Working without breaks
- Sustained pace of fast work
- Wearing clothes that do not permit the evaporation of sweat
- Ignorance of the danger and preventive measures related to working during hot days
- Disregarding the symptoms and warning signs of heat stroke

Increased risk of heat stroke for workers :

- In poor physical condition
- Having a medical history
- With recent health problems (diarrhea, fever, vomiting)
- Certain medications, lack of sleep or consuming alcohol
- Not acclimatized to heat

Source : IRSST

Symptoms and signs of heatstroke:

- Dizziness
- Vertigo
- Unusual tiredness
- Incoherent remarks
- Loss of equilibrium
- Loss of consciousness

First AID

- 1) Alert first responders (workplace first responders and 911)
- 2) Transport the person in the shade or a cool place and remove clothing layers
- 3) Sprinkle the body with water
- 4) Make as much ventilation as possible
- 5) Give fresh water in small quantities (if conscious and lucid)

Preventive measures relevant at all times

- Drink at least one glass of water every 20 minutes (even if you are not thirsty)
- Postpone (or to a cooler time of day) strenuous non-essential tasks
- Do lighter work



- Take breaks in the shade or in a cool or air-conditioned place, and increase the duration and frequency as the heat increases
- Wear light, light-coloured clothing, preferably cotton, to promote the evaporation of sweat
- Cover your head when working outdoors
- In case of dizziness, vertigo or unusual fatigue, stop work immediately and notify the first aide and supervisor without delay. These discomforts can be a harbinger of heat stroke
- Be extra careful when taking medication, in case of health problems or if you have been sick recently (diarrhea, fever, vomiting)
- Mention to the first aid responder and the supervisor any abnormal behavior of a colleague
- As the risk increases:
 - o Adjust work pace
 - o Take breaks, preferably in the shade or in a cool place
- As soon as you judge that there is a heat-related risk, talk to the supervisor to find together ways to protect your health

Source : CNESST

