

## Summer Safety: Week 8 – Heat Sense

Here we are in the hottest days of the season – are you and your loved ones prepared and aware of the dangers of heat stress? Read on to learn more of the hazards and how to spot them and even better, stop them before they happen!

### What is Heat Stress?

When heat is combined with other stresses such as physical labour, loss of fluids, fatigue or pre-existing medical conditions, it may lead to heat-related illness and in extreme cases, even death.

Some types of heat stress related disorders are:

- Heat rash
- Heat cramps
- Fainting
- Heat exhaustion
- Heat stroke



Heat stroke is the most severe, resulting from your body using up all its water and salt reserves and being unable to produce sweat. Sweat is your body's way of cooling itself naturally and if it can no longer cool itself, this can severely impact the function of internal organs and the central nervous system.

For more details on heat stress and heat stress disorders, including symptoms and how to treat them, you can visit:

[http://www.labour.gov.on.ca/english/hs/pubs/gl\\_heat.php](http://www.labour.gov.on.ca/english/hs/pubs/gl_heat.php)

### Factors Leading to Heat Stress

- High air temperature & humidity
- Tight clothing or multiple layers
- Limited air movement, direct sun or heat
- Physical exertion
- Some medications
- Age, poor physical condition



### How Can I Prevent Heat Stress?

- Use fans in non air-conditioned work areas
- Take breaks in air-conditioned areas
- Wear light-weight, loose-fitting clothing
- Avoid eating large meals before working in hot environments
- Avoid dehydrating beverages such as those containing alcohol or caffeine
- Discuss your medications with your health care provider to determine whether they make you more susceptible to heat.



**Don't forget about your pets! Keep them indoors as much as possible and provide access to plenty of cool water!**