



Super Easy
Super Effective
Super Service

Health & Safety Heat Wave Advisory



Dear Brenda,

As we experience intense heat waves across Canada, with BC and Alberta recently reaching a humidex of 40°C, it's crucial to prioritize worker safety. Here are some key strategies to protect your employees during extreme heat:

1. Implement a heat stress prevention program:
 - Educate workers on heat-related illnesses and prevention measures
 - Provide access to cool drinking water and encourage frequent hydration
 - Schedule frequent rest breaks in cool, shaded areas
2. Adjust work schedules:
 - Plan physically demanding tasks for cooler parts of the day
 - Use a buddy system to monitor workers for signs of heat stress
3. Modify the work environment:
 - Provide cooling stations with fans, misting devices, or air conditioning
 - Use reflective shields to deflect radiant heat
4. Provide appropriate personal protective equipment:
 - Light-colored, loose-fitting, breathable clothing
 - Cooling vests or neck wraps

We also wanted to take the chance to suggest some practical ideas to help navigate this difficult days:

Develop a simple response plan	Offer Ice-cream breaks	Provide a cooler with cold water	Provide shades for outdoor worksites
Schedule more breaks during the day	Design simple cooling stations with fans, A/C	Allow lighter clothing for hot days	Avoid sun exposure during peak hours

When to Stop Work

It's critical to know when conditions become too dangerous for outdoor work. While there's no universal temperature cut-off, the Canadian Centre for Occupational Health and Safety (CCOHS) recommends stopping work when:

- The humidex reaches or exceeds 40°C
- Workers show signs of heat-related illness
- Proper controls cannot be implemented to reduce risk

You can check the Humidex level in your area using the following website:

<https://www.weatherstats.ca/>

Remember, worker safety should always be the top priority. If you're unsure about whether to continue work, err on the side of caution and stop work until conditions improve. By implementing these measures, you can help ensure your workers stay safe and healthy during extreme heat events.

If you have any questions or need further guidance, please don't hesitate to reach out. Stay cool and safe!

Pierre & your SuperHR team