

# Monthly Safety Newsletter



## HEAT STRESS

**Keep track of the hottest tips and tricks for staying cool this summer!**

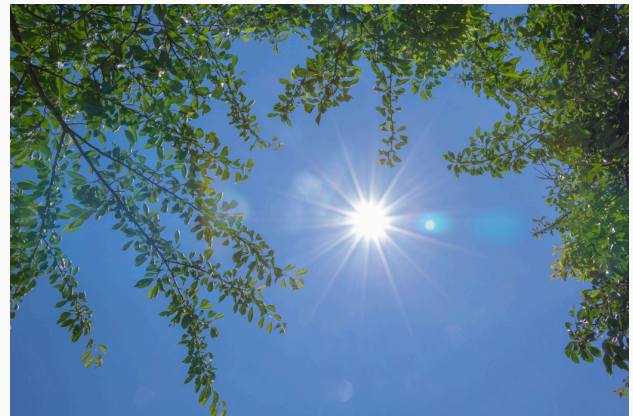
Summer is in full swing and we have begun welcoming the sunny days, hot temperatures, and humid climates. With these changes come new hazards. Here is what you need to know to combat heat stress in the workplace!

### HEAT STRESS AND ITS SYMPTOMS

- Heat stress is the combination of several factors that put strain on your body, including internal body temperature, external temperature, heat exposure, kinetic exertion, clothing, and water.
- Heat stress commonly causes fatigue, lack of concentration, poor decision making, productivity reduction, and poor mental health.
- Sunburns, heat cramps, heat exhaustion, and heat stroke are all debilitating conditions caused by heat stress.

### REDUCE THE RISK

- Relocate to a shaded area and wear sunscreen if out in the sun for a prolonged period of time.
- Drink water in small amounts over time.
- Electrolyte beverages can assist in reducing cramping and water loss.
- According to the CSA, the ideal summer office temperature is between 23 and 26 degrees Celsius with 50% humidity.



**IF YOU HAVE CONCERNS ABOUT  
OFFICE TEMPERATURE, CONTACT THE  
HEALTH & SAFETY OFFICER (EXT. 4123)**

## WORKER'S RIGHTS

### KNOW

You have the right to know about health and safety matters in the workplace.

### PARTICIPATE

You have the right to participate in conversations and decisions that could affect your health and safety in the workplace.

### REFUSE

You have the right to refuse work that could affect your health and safety in the workplace.