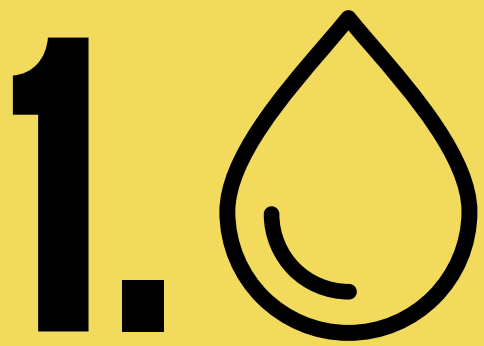


# WORKING IN EXTREME HOT CONDITIONS

It is officially summer here in British Columbia, and this can only mean one thing – sun!

Although most of us enjoy the warm weather, this also means outdoor working conditions can get hot, uncomfortable, and unfortunately smoky due to the wildfires our province experiences. Here are some precautions we must take to ensure we stay safe and healthy when working in the heat and in the smoke-filled air.



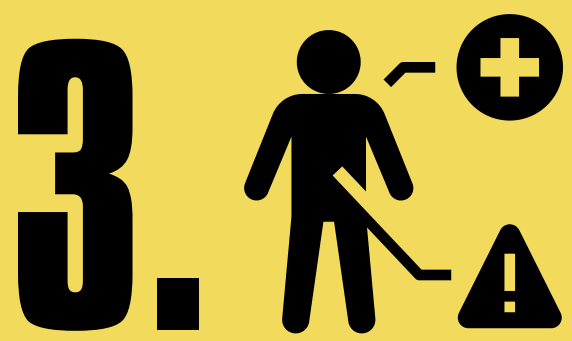
## HYDRATE.

Workers should drink a cup of water every 15 to 20 minutes, even if they are not thirsty, to reduce the likelihood of dehydration.



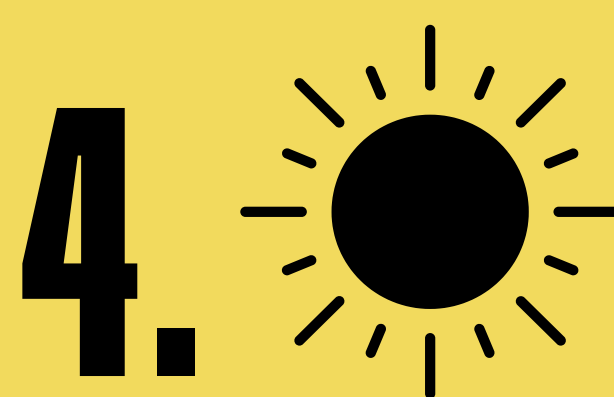
## SHADE.

Provide areas of shade to shield workers from the sun's rays. Pop-up tents, buildings, and trees are some examples.



## RECOGNIZE SYMPTOMS.

Education and training about heat-related illnesses should be given to workers to help recognize symptoms and seek timely first aid and medical help.



## OUTDOORS.

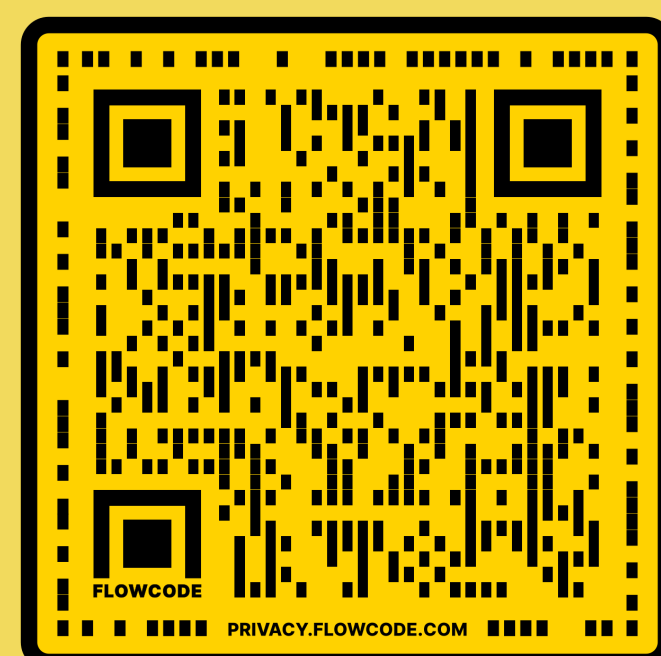
Where possible, try and reduce the amount of time outdoors. Try and schedule less demanding tasks between 11am–4pm when the sun's rays are strongest.



## WILDFIRE SMOKE.

In wildfire smoke, use a properly fit-tested, half-face respirator to reduce exposure.

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