



SAFETY ALERT & BULLETIN OF THE MONTH

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Heat Stress

AOM: 2024-07-18

The human body naturally maintains a temperature between 36°C and 38°C. Sweating naturally cools our bodies down, but if you work in a hot environment this might not be enough. If your body heats up faster than it can cool itself, your body can experience heat stress which can result in serious heat-related illnesses and potential injury.

The dangers to workers

As your body heats up, it loses fluids and salt through sweat which can cause dehydration. If you are dehydrated, your body may not be able to cool itself down. For workers in hot environments, take care and be aware of these heat stress warning signs:

- Excessive sweating
- Dizziness
- Nausea

There are three main causes of heat stress. They are:

The environment:

- Radiant heat from direct or indirect sunlight (reflection from pavement or kilns)
- Air temperature hotter than skin temperature (warms a worker up)
- High humidity (makes it harder for a worker to cool down)

The work:

- The more active you are, the more heat you produce, putting yourself at great risk for heat-related illness.

The worker:

- Heat conditioning - regular work in hot environments makes workers less prone to heat stress.
- Poor health, including obesity, advanced age, and medical conditions can result in the body responding poorly to overheating.
- Not staying hydrated can disrupt your body's natural cooling measures.
- Excess clothing or inappropriate personal protective equipment can trap heat and prevent cooling.





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Staying safe in hot weather

- Take regular cooling breaks in a shady location or air-conditioned building or vehicle.
- Wear light-weight and light-coloured clothing that provides good ventilation. The light colour will reflect the sun and keep you cool.
- Have cooling supplies on hand to treat heat stress emergencies but also to provide additional cooling during breaks. This can include cold water, wet sponges or cloths, and cooling packs or ice.
- Do not try to push through when you start to feel unwell. Heat stress is not something to ignore. It cannot be overcome by being determined to finish a job. When you start to feel dizzy or nauseous from the heat, it is already too late, and you must take steps to cool down.
- Don't forget to wear a hat and sunscreen. Sunburns are common summer injuries that can be easily prevented.

Additional Resources:

- 1) WorkSafeBC's Heat Stress [web page](#) which now includes a new [heat stress screening tool](#)
- 2) [Fit to Work](#) – hydration and nutrition information for forestry workers
- 3) [Maintaining Hydration poster](#)

BCFSC Latest News & Resources

[Video: Emergency Response Plan – Operator Extraction and Steep Slope Rescue Drill](#) This video is the second in a series highlighting the importance of emergency response planning in forestry operations, particularly on steep slopes.

[June 2024 - Forest Safety News](#) – Read the latest quarterly issue of the FSN.

[Online Training for Forest Supervisors](#) – We offer six FREE online Forest Supervisor training courses.

[FIRS App](#) - The full version of the BCFSC FIRS App is now available to download from your App store. Use the FIRS App manage forms and documents for safety-related paperwork related to SAFE Companies and COR audit forms management.

BCFSC Training:

Scheduled classroom training returns in the Fall:

October 9 | [Basic Incident Investigation – Kamloops](#)

This course provides a basic understanding of the methods, tools, and processes needed to conduct an incident investigation.

October 10-11 | [Due Diligence for Forest Supervisors – Kamloops](#)

This two-day classroom workshop will equip supervisors with knowledge of their legal responsibilities and how to prove due diligence.

October 16 | [Basic Incident Investigation – Cranbrook](#)

This course provides a basic understanding of the methods, tools, and processes needed to conduct an incident investigation.

October 17-18 | [Due Diligence for Forest Supervisors – Cranbrook](#)

This two-day classroom workshop will equip supervisors with knowledge of their legal responsibilities and how to prove due diligence.



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October 17-18 | [Due Diligence for Forest Supervisors – Prince George](#)

This two-day classroom workshop will equip supervisors with knowledge of their legal responsibilities and how to prove due diligence.

October 22-25 | [Falling Supervisor – Nelson](#)

Participants will learn the roles and responsibilities of a falling supervisor and will become familiar with processes used by a falling supervisor to support their due diligence.

Oct 31-Nov 1 | [Due Diligence for Forest Supervisors – Campbell River](#)

This two-day classroom workshop will equip supervisors with knowledge of their legal responsibilities and how to prove due diligence.

Refer to the [Training section of our website](#) for more information on upcoming classroom training and costs.