

Heat Stress Awareness

HEAT EXHAUSTION OR HEAT STROKE?

HEAT EXHAUSTION SYMPTOMS

1. Faint or dizzy
2. Excessive sweating
3. Cool, pale, clammy skin
4. Nausea, vomiting
5. Rapid, weak pulse
6. Muscle cramps

HOW TO TREAT IT

1. Move to cooler location
2. Drink water
3. Take a cool shower or use cold compresses

HEAT STROKE SYMPTOMS

1. Throbbing headache
2. No sweating
3. Body temp above 103°
Red, hot, dry skin
4. Nausea, vomiting
5. Rapid, strong pulse
6. May lose consciousness

HOW TO TREAT IT

1. Get emergency help
2. Keep cool until treated

West Fraser Pulp Mill Division **Field Level Hazard Assessment Level 1**
At West Fraser we are committed to the health and safety of all of our employees, contractors, and visitors. This card is designed and intended to protect workers by assisting in identifying hazards and implementing controls. Our goal is to eliminate all injuries to workers and visitors on West Fraser sites.

Task: Cleaning the Dryer Mesh Screens
Hazard: Extreme Heat
Controls: Engineering → Cooling fans in the shop, Cooling with Radiant Heat Sources, Control Administrative → Training / Awareness for workers about the early warning signs of heat, Dehydration, Exercise, Sunscreen, Water, Rest, Hydration, Breaks in hot areas, PPE → Lightweight Clothing, Cooling Head Bands, Cool Vests, etc.

Supervisor / or Managers Review Initials: [Signature]
Supervisor / Managers Comments: Reviewed heat reduction plan with all workers, discussed the warning signs of heat stress (Dehydration, Head Complains, excessive sweating, etc.) and the importance of each worker knowing their own limits.

LAST TASK FOR SAFETY
This Job is Complete and this Box Has Been Completed
☐ All Safety Guards Have Been Replaced
☐ All Safety Restraints Have Been Replaced
☐ Work Area Has Been Left Cleaned
☐ Communicated Completion of Work (Mean-Op)
☐ Personal Locks Have Been Removed

Worker's Initials: [Signature]

Document your Heat Reduction Plan on a
FLHA

Things to Remember:

- ✓ Are you acclimated to the heat?
- ✓ Have you properly hydrated?
- ✓ Are you wearing light weight clothes?
- ✓ Do you have preexisting medical conditions?

Everyone is different, some
people can take heat longer
than others!