





Heat Waves

Supervisor
Crew
Talk

The human body functions best at a certain core temperature, around 36.5°C (or 97.7- 99.5 F) in adults.

Knowing when a heat wave is expected can help you be prepared. Try to check the weather forecast frequently, and make note of any dramatic weather changes or heat wave warnings.

Mon 30 Jun	Tue 1 Jul	Wed 2 Jul	Thu 3 Jul
 24°C 30% A mix of sun and cloud	 23°C Sunny	 34°C A mix of sun and cloud	 36°C Sunny

It's helpful to know the potential health impacts of a heat wave in case one happens.

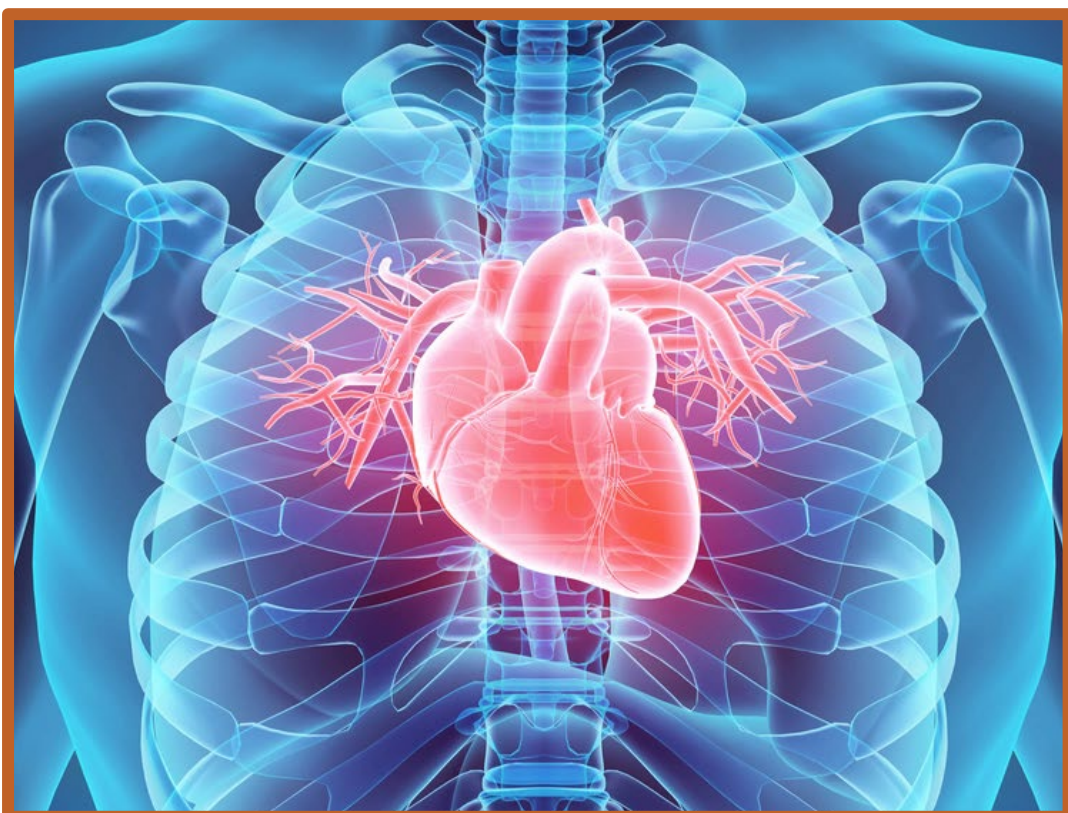
Dehydration



Extreme heat can cause excessive sweating, and therefore dehydration. If you're active during a heatwave, dehydration can come on suddenly. Early signs are: Dry mouth, thirst, and dizziness. If left untreated, dehydration can cause strain to your kidneys and heart.

Mild dehydration can be treated by going to a cool environment and drinking water. If you have more severe symptoms, like a rapid heartbeat, dizziness, and confusion, you should see a medical professional.

Cardiac Stress and Failure



Heat can increase your body's need for oxygen, which can make your heart pump faster and harder. This increased strain can be dangerous for older adults and people with pre-existing heart conditions.

Studies show that heat waves cause a 14% increase in out-of-hospital cardiac arrests, with the most vulnerable group being adults aged 65 or older.

Mental Health Issues



Some chemicals in your brain that regulate your internal temperature also regulate your mood. When temperatures increase and throw off thermoregulation, mental health conditions can worsen as well, including:

- Substance use disorders
- Mood disorders
- Anxiety and stress
- Childhood behavioural disorders

Many people who take medications for mental health conditions are also at an increased risk of heat-related illness. If you're taking any type of psychiatric medication, ask your doctor about any side effects that may cause heat intolerance.

"Safety is a Core Value and Business Priority"



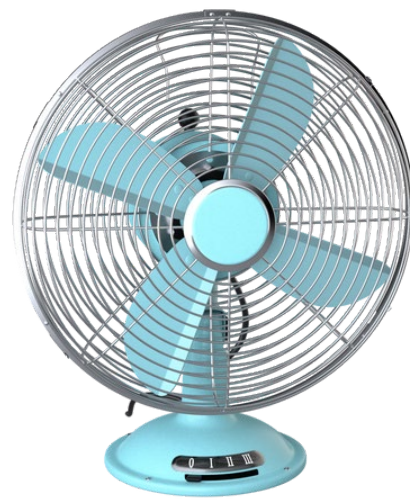
West Fraser

Staying Cool During a Heat Wave

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Cool Down Your Home

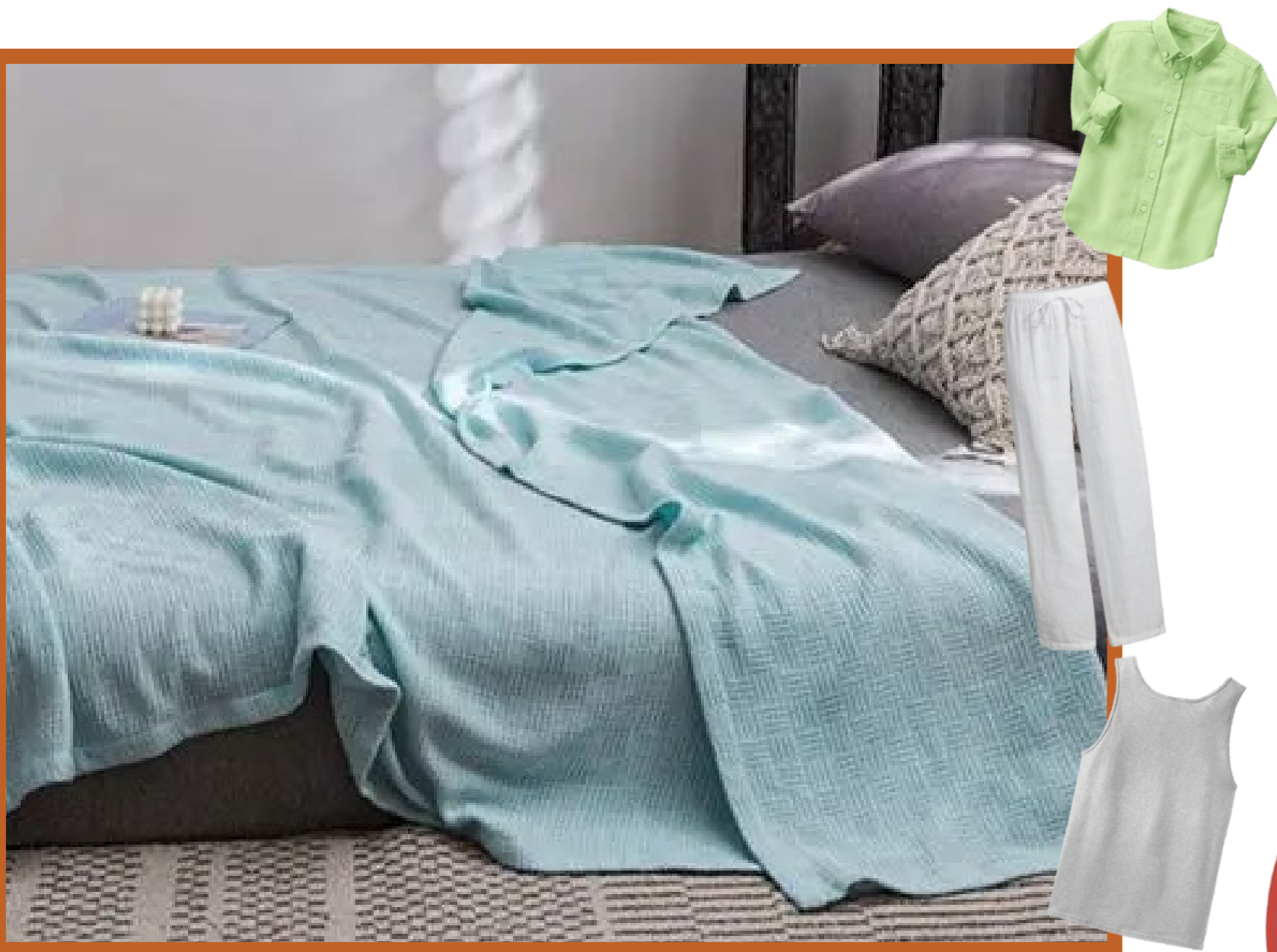
Block the sun with window coverings, and turn off unnecessary electrical devices. If it's cooler outside than inside your house at night, open the windows to release heat.



Avoid using a fan if the indoor temperature is above 35°C. Using a fan at these high temperatures can actually heat you up more!

Keep Your Body Cool

Use light and loose clothing and bedding (preferably made of a natural lightweight fibre, like cotton or linen). Take cool showers or baths, and use a wet cloth or spray bottle to wet your skin or clothes with cool water.



Stay Hydrated

One of the most dangerous consequences of a heat wave is dehydration. Try to avoid beverages that are high in sugar, caffeine, or alcohol, and drink around one cup of water per hour. If you notice that you're sweating more than usual, occasionally having a drink with added electrolytes can help replenish the minerals lost.



Move to Cooler Areas

Hot air rises, so the ground floor or basement of your home will likely be cooler than the top floor. If the heat gets unbearable, try to visit public buildings with air conditioning during the hottest hours of the day. Libraries, recreation centres, and movie theaters can all be good places to cool down.



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