

Summer heat safety



INDOOR ENVIRONMENTS

On hotter days, the indoor temperatures in some campus buildings may become uncomfortably warm to perform regular work or learning activities. In these situations, individuals should follow the guidance to reduce discomfort and heat stress which includes keeping hydrated and taking more breaks from physical activity.

Supervisors can also consider a range of options which includes:

- Adjusting, reducing, rescheduling or relocating work tasks, activities or classes
- Remote work (w/C20 1 (o)-31dkcc ox Rem(A)-1.1 (d)-0.7 (j)-4.1 (u)-0.8)-4.3 (t)-5.9 (i)-3.3 (n)-0.7 (g)TJ0.00

<p><i>Heat exhaustion</i></p> <p>Tired, weak, dizzy, clammy skin, slow weak pulse. Pale or flushed skin colour. Higher than normal heart rate.</p>	<p>move to a cooler environment lie down with knees raised drink cool - not cold fluids call Campus Security for first aid</p>	<p>take 4-7 days to adjust (acclimatize) to the heat drink plenty of fluids at regular intervals take rest breaks in a cool place</p>
<p><i>Heat stroke</i></p> <p>Person usually stops sweating, body core temperature is high (40-43 degrees celsius), skin is hot and dry. Person experiences headache, dizziness, confusion, may lose consciousness.</p>	<p>this is a medical emergency - call 911 to summon an ambulance and also contact Campus Security</p>	<p>all measures shown above</p>

Please visit [WorkSafeBC](#)