

## Working in Hot Conditions

When we work in hot conditions, our bodies sweat to cool us down. If our bodies can't cool down, we experience heat stress. Heat stress can result in illnesses that are serious and even life-threatening. Everyone on the worksite has a role to play in protecting themselves and each other from the risks associated with heat stress.

Factors that can cause heat stress include:

- Working in direct sunlight in the summer months.
- Humidity in the workplace (more than 50% relative humidity).
- Working inside crane cabs without ventilation or air conditioning, which can create a greenhouse effect inside the cab.

### Heat Stress Can Lead to Heat Illness

If your body loses too much water and salt through sweating, you become dehydrated and your body has trouble cooling down. If no action is taken, heat stress can result in heat illnesses such as heat exhaustion and life-threatening heat stroke. Whenever possible, a good practice is to partner with other nearby workers to monitor or check-in with each other for signs of heat stress.

Heat may affect people in different ways and its effects are influenced by many factors.

If you have a medical condition or are taking medication that can increase your sensitivity to the heat, get advice from your doctor about how to best protect yourself from heat stress.

### Heat Exhaustion: Signs and Symptoms

- Clammy, cool skin; sweating
- Weakness, feeling faint or dizzy
- Nausea and headache
- Muscle cramps
- Fast heart rate, shallow breathing



### Heat Stroke Signs and Symptoms

If left untreated, heat exhaustion can lead to heat stroke, which can include these signs and symptoms:

- Hot, dry skin; lack of sweating
- Confusion and irrational behaviour
- Nausea and vomiting; headache
- Seizures; shock
- Fast breathing
- Loss of consciousness
- Heart attack

### How to Reduce the Risk

- Use air conditioning in the cab if it is available.
- Take breaks in cool, shaded, well-ventilated spaces.
- Wear loose-fitting clothing made of breathable materials.
- Drink water frequently.
- Do not touch hot surfaces (such as the metal of a crane) that can cause burns.
- Be alert to any symptoms of heat stress in yourself and your co-workers. Get medical aid if needed.

### Learn More

**BC Crane Safety:** [Preventing Heat Stress](#)  
**WorkSafeBC:** [Heat Stress](#)

Project: ..... Address: .....

Employer: ..... Supervisor: .....

Date: ..... Time: ..... Shift: .....

Number in crew: ..... Number attending: .....

**Other safety concerns or suggestions:** .....

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**Record of those attending:**

Name: (please print)	Signature:	Company:
1.		
2.		
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11.		
12.		
13.		
14.		
15.		

Manager's remarks: .....

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Manager: ..... Supervisor: .....

(Signature)

(Signature)

For more information on health and safety requirements for crane operations in B.C., refer to the *Workers Compensation Act* and the OHS Regulation at [worksafebc.com](http://worksafebc.com).