

Introducing BC Crane Safety's new Heat Stress Industry Resource page

BC Crane Safety is pleased to announce a new Industry Resource page. This section of the website will feature in-depth, practical resources on important health and safety topics that affect the crane industry. It's meant for crane operators, supervisors, contractors, safety professionals and employers.

Our first Industry Resource page is dedicated to [preventing heat stress](#).

It's designed to promote awareness and provide ready-to-use tips about recognizing symptoms, prevention, coping strategies, and OHS responsibilities.

Highlighted to the right are navigation pointers and some particular areas we feel will be of most interest!

● Navigation points ● Areas of interest

Heat stress can be a serious hazard when people work in hot environments. It becomes especially concerning in the summer months when heat and humidity can combine to create a real risk of heat-related illness. Heat stress can be very serious, even fatal. Learn how to stay hydrated, stay cool, recognize and prevent the potential consequences of heat stress.

The webpage features useful information and short animations on dealing with heat-related illness at work.

Videos include [Are you prepared to work in the heat?](#) and [Are you hydrated?](#) which talks about judging your level of hydration by looking at the colour of your urine in an accessible, informative way.



Other topics covered on the webpage include:

- [What is Heat Stress?](#)
- [Are You at Risk of Heat Stress?](#)
- [Recognizing Heat Stress](#)
- [What to Do About Heat Stress](#)
- [More Ways to Prevent Heat Stress](#)
- [Your Heat Stress Responsibilities](#)
 - Before starting work in hot environments
 - Pre-start job checklist
 - Seek medical advice about a person's fitness for work in hot environments before hot weather begins
 - Heat stress policies and procedures
- [Crane Employers & Heat Stress](#)
 - Do you have a Heat Stress Control Plan?
 - Helping workers adjust to hot environments
 - Engineering controls to prevent heat stress
- [Learn More About Heat Stress](#)
 - Recommended industry links

BC Crane Safety water bottles are being distributed to new and young workers, employers, operators, community members and others across BC. They are branded with a QR code that takes you straight to the new heat stress webpage so you'll always have the information handy. Get yours by contacting us at info@bccranesafety.ca.

Coming soon! Stay tuned for more Industry Resource pages on Provisional crane operators and mental health and wellness.

References:

Occupational Health and Safety Regulation (OHSR) [7.26-7.32](#)

Hazard Alert: [Crane Operators Working in Hot Conditions](#)

Toolbox Talk: [Working in Hot Conditions](#)

Heat may affect people in different ways and its effects are influenced by many factors. It's important to pay attention to the signs of heat stress and respond to the individual and the situation.

Not everyone reacts to heat in the same way. It's important to pay attention to the signs of heat stress.

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.

What to Do About Heat Stress

One of the most simple and effective ways to avoid heat stress is to stay hydrated. Drink lots of water regularly.

If you start feeling symptoms, take breaks in a cool, breezy spot and drink cool fluids. If you continue feeling unwell or if your skin feels very hot and dry and you have stopped sweating, seek medical help right away.

Are You Hydrated?

PREVENTING HEAT STRESS

Are You Hydrated?

Watch on YouTube

BC Crane Safety

Believe it or not the color of your pee (urine) is a good indicator of your current level of hydration. You can download our urine chart for reference.

- Check the colour of your stream. Don't look at the colour of your urine in the bowl as it may appear lighter when diluted
- No amount of acclimatization can reduce your body's requirement for water
- Drink water every 15 to 20 minutes, even if you aren't thirsty. By the time you're thirsty, you're already dehydrated.

HYDRATION URINE CHART

More Ways to Prevent Heat Stress

If you know it's going to be hot at work, be prepared:

- Wear light clothing that still provides adequate protection from the sun and from workplace hazards.
- Cover your head and neck to prevent exposure to direct sunlight.
- Wear reflective clothing in situations where there is a lot of radiant heat.
- Consider air, water or ice-cooled insulated clothing for very hot environments.
- Have cool drinking water close to where you are working.
- Avoid clothing that doesn't breathe well when possible, such as chemical protective clothing. If you must wear this kind of protective clothing, pay close attention to symptoms of heat stress.
- Take frequent rest breaks to cool off.
- See if you can work in cooler shaded areas during the hottest times of the day.
- Talk to your supervisor or employer if you feel unwell because of the heat.

BC Occupational Health and Safety Regulation (OHSR) Sections 7.26-7.32 sets out the requirements for on-site testing for measuring, managing and controlling exposure to heat.

Your Heat Stress Responsibilities

Whether you're an employee, a supervisor, a crane operator or other worker, you have obligations.

Some of these are written into law, like the Occupational Health and Safety Regulation (OHSR), and some are simply matters of looking out for each other as co-workers.

- Before starting work in hot environments, consider these prevention points in a heat stress toolbox meeting
- Pre-Job Start Checklist
- Seek medical advice about a person's fitness for work in hot environments before hot weather begins.
- Heat Stress Policies and Procedures

Crane Employers & Heat Stress

Under the Occupational Health and Safety Regulation (OHSR), employers must take every reasonable precaution to protect workers. This includes protecting them from heat stress.

- Do You Have a Heat Stress Control Plan?
- Helping Workers Adjust to Hot Environments
- Engineering Controls to Heat Stress

Learn More About Heat Stress

Here is a collection of downloadable materials designed to help employers implement robust heat stress prevention programs from other authorities and organizations. From comprehensive checklists to posters and detailed guidelines, these resources cater to various learning styles and workplace settings. Whether you're a safety manager looking to reinforce training protocols or an employee seeking practical tips, our collection ensures accessibility and relevance for all stakeholders involved in fostering a heat-safe work environment.

Explore these resources to establish preventive measures, cultivate awareness, and instill best practices. Our goal is to support workplaces in which individuals are equipped to recognize, address, and ultimately mitigate the risks associated with heat stress.

WorkSafeBC: Heat Stress | CDC: Heat Stress Hydration
 OSHA: Heat Illness Prevention | NSW Government: Urine Colour Chart
 NIOSH: Sample Work/Rest Schedule for Heat Stress | OSHC: Rest Time Calculator
 National Volunteer Fire Council: Heat Stress

Related Links

- BC OHSR Sections 7.26-7.32
- Hazard Alert on Hot Conditions
- Toolbox Talk: Working in Hot Conditions

Use the scroll bar to move up and down