



TALK LEADER INSTRUCTIONS

This is background information ONLY. Be sure to customize your talk to your operation and facilities.

- ✓ Print copies of this sheet for yourself and each of the participants.
- ✓ Lead a discussion with your workers about the materials on this sheet at a location that is appropriate to the topic. Be sure to give real life examples whenever possible.
- ✓ Be open to questions.
- ✓ Conclude with a brief review of the main points or a summary based on the discussion.
- ✓ Fill in your operation name, location and the date on your sheet. Have each worker sign your sheet to confirm their attendance.
- ✓ File your sheet in your worker training records to document the training experience.

WORK ACTIVITY

A healthy human body temperature is 37°C. A change of body temperature exceeding 1°C can be an indication of illness or environmental conditions beyond the body's ability to cope. Working in very hot temperatures can be dangerous to your health, causing heat stroke, heat exhaustion or fainting.

BACKGROUND

Monitor weather forecasts to be aware of current and potentially hazardous weather conditions.

Key Points

TO WORK IN HOT WEATHER

Wear lightweight clothing and a wide-brimmed hat.

Heavy clothing and some personal protective equipment can greatly increase the amount of heat stress on the body. Make the necessary adjustments to compensate for this.

Work in the shade whenever possible and take breaks more frequently.

Rotate indoor and outdoor work activities to allow time to recover with work in a cooler environment.

Long sleeves and pants will help protect you from sunburn.

Drink more fluids. Don't wait until you are thirsty. Avoid drinks with alcohol or caffeine.

Reduce the pace of work, get help or use a mechanical aid to do strenuous jobs. We will reschedule jobs for a cooler time of day.

If you are on medication, have pre-existing medical conditions, are pregnant or of senior years, then you may be more susceptible

to heat stress and should consult with your physician.

SYMPTOMS OF HEAT STRESS MAY INCLUDE

Complaints of sudden and severe fatigue, nausea, dizziness, light-headedness, fainting and may or may not include sweating.

You—or a co-worker—may also appear disoriented, confused, irritable, or have flu-like symptoms. Never ignore symptoms.

TREATMENT

Move the victim to a cool or shaded area, have them lie down and loosen clothing.

Offer sips of cool water or a commercial fluid replacement beverage to replenish electrolytes.

Cool skin with a moist cloth.

DO NOT allow the victim to drink alcohol or smoke.

Seek medical attention and transport victim to a medical care facility as soon as possible.

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CAUTION

Victims of hot temperature exposure such as heat stroke are unable to notice the symptoms in themselves therefore it is very important for co-workers to recognize the symptoms and seek help. Heat stroke, if left untreated without medical attention, can cause death.

EMERGENCY PROCEDURES / CONTACTS

In case of heat stroke or heat exhaustion, call 911 or your local emergency services or get the victim to a medical care facility as soon as possible, then tell me / your supervisor.

MORE RESOURCES

Hot Environments—Health Effects, by Canadian Centre for Occupational Health and Safety, available at http://www.ccohs.ca/oshanswers/phys_agents/heat_health.html.

On our farm, whenever the temperature is: _____ °C or higher, special attention is to be paid to the risk of heat exhaustion.

Some of the “hot” jobs on our farm are...

Our work / rest schedule is:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

COMMENTS / SUGGESTIONS

(Use extra pages to write further comments or suggestions)

Operation Name _____

Location _____

Meeting Leader _____

Date _____

TOOLBOX TALK PARTICIPANTS

Print name _____

Signature _____

Print name _____

Signature _____

Print name _____

Signature _____

Print name _____

Signature _____



CanadaFarmSafe
SécuriFermeCanada

This Producer Tool was developed by the Canadian Agricultural Safety Association (CASA). Conducting regular Toolbox Talks, or safety meetings, with farm workers is one component of establishing a comprehensive farm safety plan as outlined in the Canada FarmSafe Plan, CASA's business-risk management tool for health and safety on the farm. To download the core Canada FarmSafe Plan, visit www.casa-acsa.ca/CanadaFarmSafePlan, or contact CASA to learn more at 1-877-452-2272.

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