
Beat The Heat

McGuinty Government Urges Workplaces To Prevent Heat Stress

NEWS

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Ontario is encouraging employers and workers to learn how to protect themselves from heat stress this summer.

As summer days get hotter, the harm caused by too much heat can become a significant problem in many workplaces. Workers and their employers must take steps to protect themselves from the effects of this hazard.

When heat is combined with other factors like hard physical work, fluid loss, fatigue or some medical conditions, it can lead to illness, disability and even death. Heat stress can affect anyone, including the young and fit, and can be a concern in many workplaces.

Symptoms of heat stress can include excessive sweating, headache, rashes, cramping, dizziness and fainting.

QUOTES

“Workers should be aware of the dangers of heat stress. Employers have a duty to protect their employees from all workplace hazards, including heat and hot weather.”

— Peter Fonseca, Minister of Labour

QUICK FACTS

- Workers most at risk for heat stress include those in hot environments, such as smelters, furnaces, bakeries and out of doors during the summer.
- Prolonged exposure to heat stress can lead to heat stroke, a life-threatening condition.
- The victims of heat stroke are often unable to notice the symptoms, and their survival may depend on co-workers' ability to identify symptoms and to seek immediate medical assistance.

LEARN MORE

Find out more about how Ontario is helping to [protect workers](#)

Workplace Safety and Insurance Board [Prevent Heat Stress](#)