

BEST

MANAGEMENT BY SAFETY TRAINING & CONSULTING LTD.



BEST Safety Training & Consulting

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The Humidex Factor

Don't forget to consider the humidex factor when determining how the temperature will impact workers.

Know the Signs: Heat Stress

1. Increased Core temperature
2. Raised heart rate
3. Showing signs of heat-related illness such as heat exhaustion, heat stroke, cramps, or dehydration.

Need Help?

[Contact us today.](#)

June

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 What's the risk for heat stress in your workplace? Done <input type="checkbox"/>	2 Review the CCOHS page for heat hazards. Done <input type="checkbox"/>	3 Read the MLTSD's page on heat stress. Done <input type="checkbox"/>	4
5	6 Review CCOHS's heat stress legislation table. Done <input type="checkbox"/>	7 See a detailed risk assessment sample. Done <input type="checkbox"/>	8 Create your own risk assessment document. Done <input type="checkbox"/>	9 There's still time! Enroll in First Aid Training. Call us! Done <input type="checkbox"/>	10 Take Heat Stress Training online today. Done <input type="checkbox"/>	11
12 Set up a hydration station today. Done <input type="checkbox"/>	13	14 Tell all staff where to take cooling breaks. Done <input type="checkbox"/>	15 Learn more about how heat affects everyone. Done <input type="checkbox"/>	16 Complete Heat Stress Awareness Training online. Done <input type="checkbox"/>	17 Need help? Contact BEST Safety Training. Done <input type="checkbox"/>	18
19	20 HAPPENING NOW! First Aid & CPR Level C Attend Day 1 <input type="checkbox"/>	21 HAPPENING NOW! First Aid & CPR Level C Attend Day 2 <input type="checkbox"/>	22 Have the JHSC do a heat hazard risk assessment. Done <input type="checkbox"/>	23 Sign up today for Confined Space TTT on March 4th! Done <input type="checkbox"/>	24 Review your heat stress safety plans with JHSC. Done <input type="checkbox"/>	25
26 What did the risk assessment show? Done <input type="checkbox"/>	27	28 Discuss possible controls with the JHSC. Done <input type="checkbox"/>	29 Don't go it alone. Contact BEST Safety Training. Done <input type="checkbox"/>	30 Get Monthly tips: Sign up for our Newsletter. Done <input type="checkbox"/>		