

BEST

MANAGEMENT BY SAFETY TRAINING & CONSULTING LTD.



BEST Safety Training & Consulting

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All Workers are at Risk

All workers are at risk when it's hot, whether they work indoors or outside.

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.](#)

May

2023

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 Review CCOHS's heat stress legislation table. Done <input type="checkbox"/>	5 See a detailed risk assessment sample. Done <input type="checkbox"/>	6
7	8 HAPPENING NOW! First Aid in St. Thomas Attend Day 1 <input type="checkbox"/>	9 HAPPENING NOW! First Aid in St. Thomas Attend Day 2 <input type="checkbox"/>	10 Create your own risk assessment document. Done <input type="checkbox"/>	11 There's still time! Enroll in First Aid Training. Call us! Done <input type="checkbox"/>	12 Take Heat Stress Training online today. Done <input type="checkbox"/>	13
14	15 Set up a hydration station today. Done <input type="checkbox"/>	16 Tell all staff where to take cooling breaks. Done <input type="checkbox"/>	17 Learn more about how heat affects everyone. Done <input type="checkbox"/>	18 Complete Heat Stress Awareness Training online. Done <input type="checkbox"/>	19 Need help? Contact BEST Safety Training. Done <input type="checkbox"/>	20
21	22 Victoria Day 	23 Have the JHSC do a heat hazard risk assessment. Done <input type="checkbox"/>	24 Discuss possible controls with the JHSC. Done <input type="checkbox"/>	25 HAPPENING NOW! First Aid in St. Thomas Attend Day 1 <input type="checkbox"/>	26 HAPPENING NOW! First Aid in St. Thomas Attend Day 2 <input type="checkbox"/>	27
28	29 HAPPENING NOW! First Aid in Markham Attend Day 1 <input type="checkbox"/>	30 HAPPENING NOW! First Aid in Markham Attend Day 2 <input type="checkbox"/>	31 Get Monthly tips: Sign up for our Newsletter. Done <input type="checkbox"/>			