

Heat Stress Toolkit

Know the signs & symptoms of heat stress and act fast if you or someone you know is showing signs of distress.

“Heat stress is a serious threat to workers. It occurs when the body is unable to get rid of excess heat, which causes the heart rate and core body temperature to increase, often leading to heat-related illness. The tools in this Heat Stress Toolkit will help you understand the heat conditions in your workplace, assess the risk of heat stress and take action...”.

To access more information on The Heat Stress Toolkit click on the link.

<https://lnkd.in/g4UHQVaQ>

OHCOW is a not-for-profit clinic, funded by the Prevention Office of the Ministry of Labour. (There is no charge for their services).

<https://www.ohcow.on.ca/>

TDSB links:

<https://www.tdsb.on.ca/About-Us/Severe-Weather/Hot-Weather>

https://www.tdsb.on.ca/Portals/0/AboutUs/Heat_Wave_Resources/Occupational%20Health%20and%20Safety%20-%20Extreme%20Heat%20Guide.pdf