

UNIVERSITY OF TORONTO SCARBOROUGH

HEALTH AND SAFETY BULLETIN

VOLUME 8 { ^ % š 2019

Heat Stress

While working in hot environments, heat ... f • ' — — • — † • • ' • › ' — " „ † system. Additional factors such as humidity, air movement, clothing, physical work, loss of fluids and fatigue can lead to heat-related illnesses. Protection and recognizing early signs are important to prevent heat stress.

Tips to protect against heat stress:

- x Stay hydrated, ideally drinking a cup of water every 20 minutes
- x Schedule heavy work for cooler times of the day (e.g. mornings)
- x Wear light coloured and/or lightweight clothing
- x Take breaks in cool areas
- x Reduce the temperature and humidity through air cooling
- x Report concerns to your supervisor
- x Use a buddy system when necessary
- x Train personnel to recognize signs and symptoms of heat stress

Wildlife

There are many different types of wildlife that have been seen on campus such as coyotes, foxes, groundhogs, and geese. Many animals at 1 rbmany diffe

Poison Ivy is a noxious weed that is identifiable by its cluster of three leaves, with the middle leaf having a longer stem. The resin from the plant,