

Heat Exposure

An awareness guide for workers, JHSC and union representatives in the motion picture industry

What is heat stress?

A serious condition where the body temperature rises above normal range and can lead to heat cramps, heat exhaustion, and heat stroke. These are serious conditions that can lead to injury, hospitalization, and fatality.

Concerns about heat stress?

Talk to your joint health and safety committee, production safety team, or IATSE 873.

What to expect from your employer?

www.ontario.ca/page/managing-heat-stress-work

If a worker is or may be exposed to thermal conditions which could cause heat stress, the employer must:

1. Conduct a **heat stress assessment** AND
2. Develop and implement a **heat stress exposure control plan** if a worker is or may be exposed to thermal conditions which could cause heat stress

Did you know? An ECP is an integral part of a heat stress program and includes details on assessing risk and exposure, controlling exposure, training workers and more!

Controlling Heat Exposure

If a worker is or may be exposed to thermal conditions which could cause heat stress, the employer must implement controls:

Engineering

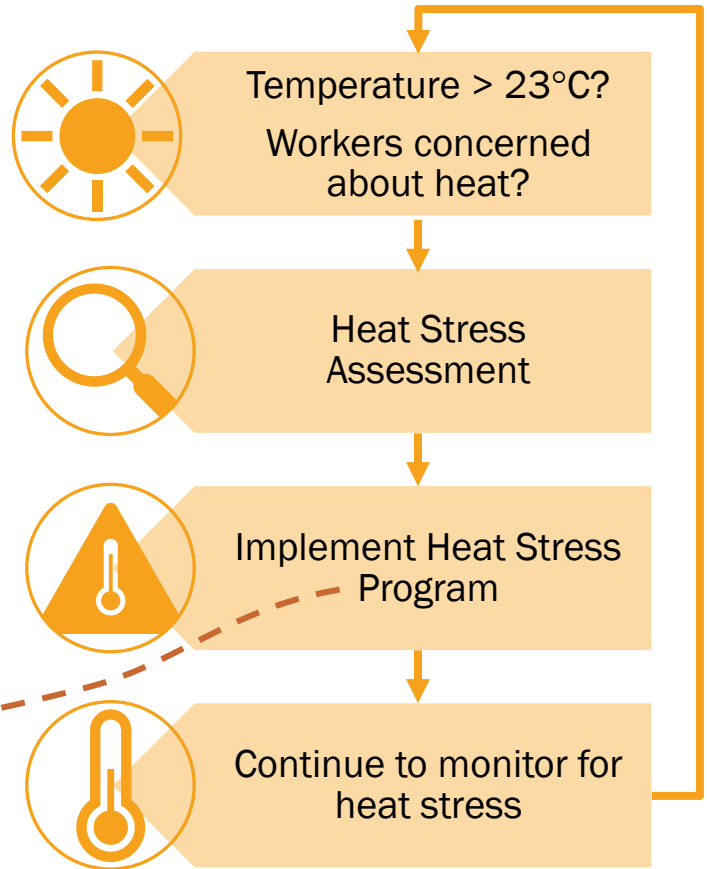
- Air conditioning
- Fans

Administrative

- Work-rest cycles
- Employer must provide and maintain cool potable water close to work area

Personal Protective Equipment

- Cooling vests and clothing



Humidex

Heat stress assessment tool

A commonly used method to assess heat stress using dry bulb temperature and humidity.

1. Plot temperature and humidity obtained into the Humidex Table
2. Compare the value you get to the Humidex Based Heat Response Plan table

It is important to consider other factors when using the humidex, this includes type of clothing being worn and radiant heat sources present

°C	Relative Humidity (in percent)															
	100	95	90	85	80	75	70	65	60	55	50	45	40	35	30	25
49																
48																
47																
46																
45																
44																
43																
42																
41																
40																
39																
38																
37																
36																
35																
34																
33																
32																
31																
30																
29																
28																
27																
26																
25																
24																
23																
22																
21																

Humidex 1 – Moderate work unacclimatized & heavy work acclimatized	Response	Humidex 2 – Moderate work acclimatized worker OR light work unacclimatized worker
25 – 29	Supply water to workers on an “as needed” basis	32 - 35
30 – 33	Post heat stress alert notice; encourage workers to drink extra water; start recording hourly temperature and relative humidity	36 – 39
34 – 37	Post heat stress warning notice; notify workers that they need to drink extra water; ensure workers are trained to recognize symptoms	40 – 42
38 – 39	Work with 15 minutes relief per hour can continue; at least 1 cup (240 mL) of water every 20 minutes. Worker with symptoms should seek medical attention	43 – 44
40 – 41	Work with 30 minutes relief per hour can continue in addition to the provisions listed previously	45 – 46
42 – 44	If feasible, work with 45 minutes relief per hour can continue in addition to the provisions listed above	47 – 49
45 or over	Only medically supervised work can continue	50 or over

[Heat Humidex Calculator \(OHCOW\)](#)

[Ontario Heat Stress Guidance](#)

[Heat Stress Awareness course](#)

