



Occupational Health and Safety Heat Stress Guidelines for Managers

Saint Mary's University recognizes the potential problems caused by high temperatures in the work environment or associated with sports and field activities. The Occupational Health and Safety (OHS) Act requires the employer to “ensure the health and safety of persons at or near the workplace”. The term “persons” encompasses all persons at or near the workplace, and includes employees, students, and other members of the Saint Mary's Community. Six Heat Stress Guidelines have been established to help prevent the occurrence of heat related illness, and to provide guidance to University employees who are responsible for the safety of others on the Campus, including other employees, students, and persons involved in sport and scientific field activities.

1. **Thermal Comfort** – (general explanatory information for all staff);
2. **Health Effects of Heat Stress**- (explanatory document to explain the signs of heat stress);
3. **Indoor Heat Stress Warning** – (intended for indoor work or sports activities);
4. **Outdoor Heat Stress Warning** – (intended for Outdoor work or sports activity, and scientific field activities);
5. **First Aid Treatment** – (distributed to designated first aid providers);
6. **Heat Stress Alert** – (to be posted as needed).

These documents can be found on the OHS website at:

[http://www.smu.ca/administrat84T#212Tf101471.58446.35Tm0g0G\[m\]-6\(s/3\(Ca\)6\(m9120612](http://www.smu.ca/administrat84T#212Tf101471.58446.35Tm0g0G[m]-6(s/3(Ca)6(m9120612)

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