

## APPENDIX A: HIGH TEMPERATURE GUIDELINE REFERENCE CHART

AWARENESS INITIATIVES		PREVENTION MEASURES		REACTIVE MEASURES	
<b>Employer Representatives</b> (Designated School Board Staff)	Provide information to supervisors and workers to recognize factors which may increase the risk of developing a heat related illness and the signs and symptoms of heat stress	<b>Employer Representatives</b> (Designated School Board Staff)	Encourage the use of mechanical or other specialized equipment to reduce physical demands of work related tasks	<b>Supervisor Representatives</b> (Principals, Vice-Principals, Designates, Supervisors)	Provide scheduled daily access to cooler areas in the building when possible
<b>Supervisor Representatives</b> (Principals, Vice-Principals, Designates, Supervisors)	Monitor of environmental conditions (including humidex) and the possibility of heat stress related illness, especially during the first week of elevated temperatures while individuals are acclimatizing		Maintain insulating and reflective barriers which are designed to control the heat at its source (e.g. insulated furnace walls)		Review schedules for individuals exposed to high temperature conditions and increase the frequency and or length of rest breaks when possible
	Ensure that trained First Aid providers are available to respond to heat related illnesses throughout periods during which heat stress related illness is likely to occur		Maintain and maximize the use of existing equipment which is designed to exhaust hot air and humidity from occupied areas		Schedule strenuous jobs to be done during cooler times of the day
	Develop a clear and concise hot weather action plan which includes outdoor activities		Maintain and monitor the effectiveness of equipment designed to reduce the temperature and humidity through air cooling		Ensure that education workers have access to cooler areas of the building to take their scheduled breaks where possible
<b>Worker Members</b> (Education workers)	Communicate heat stress related information and recommendations to all workers	Maximize the efficiency of building automation systems (BAS) to regulate indoor air temperatures during periods of extreme heat	Investigate and follow-up on any high temperature related incidents which are reported or observed		
	Acknowledge and promote information in regards to key factors which may increase the risk of developing a heat related illness and the signs and symptoms of heat stress	Consider American Society of Heating, Refrigerating and Air-Conditioning (ASHRAE) standards as it pertains to ventilation based on occupancy levels and air exchange requirements	Consult with employer representatives and Public Health Unit representatives for additional advice as required		
<b>Joint Health and Safety Committee Members</b>	Review information provided in regards to high temperature guidelines and make recommendations	<b>Supervisor Representatives</b> (Principals, Vice-Principals, Designates, Supervisors)	Provide access to cool, shaded work areas in the building if practical and safe to do so	<b>Worker Members</b> (Education workers)	Use available ventilation equipment to increase air movement if the indoor temperature is below 35°C
			Assess the physical demands of work related tasks and confirm reasonable monitoring and control strategies to implement during high temperature periods		Turn off or limit the use of heat generating equipment and appliances if safe and practical to do so
		Consider additional controls to prevent exposure to high temperatures which may be required for vulnerable individuals such as education workers and students with special needs or medical conditions	Where mechanical cooling is not possible, open interior doors and perimeter windows to increase the exchange of fresh air (when exterior temperatures are cooler)		
		<b>Joint Health and Safety Committee Members</b>	Promote discussions, recommendations and relevant information to all education workers		Consume enough potable water to stay hydrated
<b>TEMPERATURE RANGE INCLUDING HUMIDEX</b>	<b>DEGREES OF COMFORT</b>				Be conscious of medications side effects and avoid beverages which contain sugars and caffeine as this may contribute to dehydration
<b>19-24</b>	<b>Comfortable</b>		<b>A temperature range in which most individuals are comfortable</b>		Avoid exposure to direct sunlight, especially during high heat periods of the day
<b>26-34</b>	<b>Some discomfort</b>		<b>Some individuals may experience discomfort</b>		Consider wearing light and breathable clothing and avoiding clothing fabricated with synthetic fabric which may limit the cooling of the body
<b>35-44</b>	<b>Great discomfort</b>		<b>Most individuals will experience high levels of discomfort (initiate hot weather action plan and avoid exertion)</b>		Wear light-coloured clothing (preferably a long-sleeve shirt and pants) and cover the head to prevent exposure to direct sunlight when outdoors
					For very hot environments, consider air, water or ice-cooled insulated clothing
					Consider wearing reflective clothing when working in areas with high radiant heat sources
					Be aware of risks related to the use of vapour-barrier clothing (i.e. chemical protective clothing) as this may limit cooling of the body
<b>45 and above</b>	<b>HEALTH RELATED ILLNESS LIKELY TO OCCUR</b>			<b>Joint Health and Safety Committee Members</b>	Review incident details (if any) and compare to policies, procedures and awareness initiatives in place. Make recommendations in order to prevent reoccurrence where possible

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