

BEAT THE HEAT

IDENTIFY & TREAT HEAT STRESS

PROTECT YOURSELF. WATCH YOUR CREW. SAVE LIVES.

WHY ROOFERS ARE AT RISK

- Direct sun & high roof temperatures (20–40°C hotter)
- Hard physical work
- Heavy PPE & clothing
- Limited shade

WATER. REST. SHADE. WORK SMART. STAY COOL. STAY SAFE.

KNOW THE SIGNS. ACT FAST.

HEAT RASH



SIGNS

- Red bumps
- Itchy skin
- Irritation under clothing

HEAT CRAMPS



SIGNS

- Muscle cramps
- Heavy sweating
- Fatigue

HEAT EXHAUSTION



SIGNS

- Heavy sweating
- Weakness
- Headache
- Dizziness
- Nausea
- Cool, pale, clammy skin
- Fast pulse

HEAT STROKE (MEDICAL EMERGENCY)



SIGNS

- Confusion
- Loss of consciousness
- Seizures
- Hot skin (may be dry or sweating)
- Body temp. usually above 40°C
- Slurred speech
- Collapse

TREATMENT

- Move to a cooler area
- Keep skin dry
- Change wet clothing

TREATMENT

- Stop work
- Rest in shade
- Drink cool water or electrolyte drinks
- Stretch muscles gently

TREATMENT

- Move to a cool, shaded area
- Loosen or remove excess clothing
- Apply cool wet towels or mist & fan
- Give cool water if alert
- Do not return to work until recovered
- Seek medical attention if not improving

TREATMENT – CALL 911 IMMEDIATELY

- Move to shade
- Remove excess clothing
- Cool rapidly – water, ice packs (neck, armpits, groin), wet towels
- Fan continuously
- Do NOT give fluids if unconscious or confused
- Stay with the worker until help arrives

PREVENT HEAT STRESS



HYDRATE OFTEN
Drink water every 15–20 minutes. Don't wait until you're thirsty.



TAKE REST BREAKS
Take frequent breaks in shade or cool areas. Increase breaks as it gets hotter.



PLAN YOUR WORK
Schedule heavy work earlier in the day. Rotate tasks and use mechanical aids.



ACCLIMATIZE
New or returning workers need 7–14 days to build up to the heat.



DRESS SMART
Wear light-coloured, breathable clothing. Use hat shades and sunscreen.



RISK IS HIGHER WHEN:

- Air temp. > 25°C
- High humidity
- Little wind
- Poor hydration
- New/returning workers
- Long periods of hard work

WORKER RESPONSIBILITIES

- ✓ Know the signs of heat illness
- ✓ Watch out for yourself and your coworkers
- ✓ Report symptoms right away
- ✓ Drink water regularly
- ✓ Take your rest breaks
- ✓ Follow supervisor instructions

SUPERVISOR RESPONSIBILITIES

- ✓ Check weather & assess heat hazards daily
- ✓ Ensure water is readily available
- ✓ Provide shaded rest areas
- ✓ Adjust work/rest schedules as needed
- ✓ Monitor new/returning workers closely
- ✓ Make sure everyone knows the plan



EMERGENCY RESPONSE

IF SOMEONE BECOMES ILL:

- **STOP**
STOP WORK IMMEDIATELY
- **MOVE TO SHADE OR COOL AREA**
- **START COOLING MEASURES**
- **NOTIFY SUPERVISOR**
- **CALL 911 FOR HEAT STROKE OR SEVERE SYMPTOMS**
- **DO NOT LEAVE THE WORKER ALONE**

DAILY HEAT SAFETY CHECK

☐ Have I had enough water today?
☐ Do I know the signs of heat illness?
☐ Where is the nearest shaded rest area?
☐ Who do I notify if someone becomes ill?



DATE: _____

SUPERVISOR: _____

PROJECT / LOCATION: _____

NAME (PLEASE PRINT)	SIGNATURE