



### Extreme Temperature Safe Work Procedure

<b>Department:</b> Kitchen	<b>Date Created:</b> October 8 <sup>th</sup> , 2010	<b>Last Revision Date:</b> October 8 <sup>th</sup> , 2010
<b>Hazards Present:</b> <ul style="list-style-type: none"> <li>• Heat Stress</li> <li>• Dehydration</li> <li>• Burns/Scalds</li> </ul>	<b>Personal Protective Equipment (PPE) or Devices Required:</b> <ul style="list-style-type: none"> <li>• Heat proof or reflective screens.</li> <li>• Thin, light coloured, loose-fitted clothing; no sleeves.</li> <li>• Silicone Oven Mitt</li> </ul>	<b>Additional Training Requirements:</b> <ul style="list-style-type: none"> <li>• Safe Manual Handling Procedures.</li> <li>• First Aid Training.</li> <li>• Ability to recognize signs and symptoms of heat stress.</li> </ul>
<b>Safe Work Procedures:</b> <ol style="list-style-type: none"> <li>1. Encourage air flow in the building through the use of windows, ventilators, fans, etc.</li> <li>2. Reduce the spread of hot air from hot work processes to other parts of restaurant; heat proof or reflective screens.</li> <li>3. Reduce physical exertion by the use of mechanical aids for heavy or repetitive tasks.</li> <li>4. Consider rescheduling of high stress tasks to cooler times of the day where possible.</li> <li>5. Ensure fluids are available to make up for losses of body fluid through sweating.</li> <li>6. Ensure frequent rest breaks to allow workers to cool down in extreme heat.</li> <li>7. Gradually increase exposure to heat; allow the workers to acclimatize.</li> <li>8. Change out incandescent light bulbs for compact fluorescents.</li> <li>9. Ensure pilot lights are properly adjusted; too high and they'll produce excess heat.</li> </ol>		
<b>Symptoms to Avoid:</b> <ul style="list-style-type: none"> <li>• Heavy Sweating</li> <li>• Paleness</li> <li>• Muscle Cramps</li> </ul>	<ul style="list-style-type: none"> <li>• Tiredness</li> <li>• Weakness</li> <li>• Dizziness</li> </ul>	<ul style="list-style-type: none"> <li>• Headache</li> <li>• Nausea or Vomiting</li> <li>• Fainting</li> </ul>
Accident Frequency seems to be higher in hot environments. Hot environments tend to lower mental alertness, impair judgment, and reduce physical performance. Increased body temperatures and physical discomfort can promote irritability, anger, and other emotional states which may cause workers to become less concerned with safety procedures.	<b>Legislation:</b> Section 43(1) Right to Refuse Dangerous Work <i>Manitoba Workplace Safety and Health Act W210</i> Part 2.1 Safe Work Procedures Part 4.12 Thermal Stress Part 4.13 Thermal Conditions C Indoor Workplaces <i>Manitoba Workplace Safety and Health regulation MR217/2006</i>	
		This SAFE Work Procedures will be reviewed any time the task, equipment, or materials change and at a minimum of every three years.