

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:

[Heat Stress Guidelines | Occupational Health and Safety | Saint Mary's University](#)

All Saint Mary's employees who are responsible for safety of other persons should familiarize themselves with these documents, and ensure that all employees are familiar with the documents. When a heat related health concern is brought forward, the responsible person will respond to and address the concern. The responsible person should:

- refer to the appropriate document, based on the specifics of the particular health concern, and follow the instructions on the document;
- contact Facilities Management at 5572 to obtain a Humidex measurement for the working area;
- ensure an OHS Incident report is completed and forwarded to the OHS Office, if the person who is bringing the health concern forward believes their health has been affected by heat. (A copy of the OHS Incident Report can be found on the OHS website at:

<https://www.smu.ca/webfiles/OHSInjuryIncidentFormRevisedMar2010.doc>

Some employees may have pre-existing health issues, which may make them more susceptible to the effects of heat. If the person who is forwarding a heat related safety concern, indicates they have a pre-existing health condition that makes them more susceptible to the effects of heat, please advise them to consult their family physician for specific advice that applies to them.

The following workspaces are air-conditioned and employees should be advised to proceed to one of these areas, after receiving approval, to take a relief/rest break due to the effect of heat.

- Atrium/Library
- McNally East, including the Faculty Lounge
- Theatre Auditorium
- Sobey Building
- Loyola Academic Building
- The Language Centre – 960 Tower Road

If you have any questions, please contact the OHS Office at 420-5658.