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# ALARA Update

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## Continuing Education is Important for You and Your Employer

Investing in the skills and knowledge of employees is critical to create a workforce that is innovative, agile and able to maintain and build an organization's competitive advantage. Unfortunately, the training budget is often the first thing to be cut.

The good news is that training costs are lower if you enroll in a distance learning course or attend a webinar. The website [OHLearning.com](http://OHLearning.com) lists many OH courses developed for the international community. These are excellent courses, approved by the International Occupational Hygiene Association and they are **completely free of charge and can be downloaded and copied freely.**

## ALARA Workshops

We recently presented our 3-day air sampling workshop and 2-day noise workshop in Toronto and they were both well-attended. People from every Canadian province, the Yukon and several US states have attended our rather unique hands-on workshops and we try to keep in touch through these ALARA Update newsletters.

We will be offering the following two workshops in Toronto this year.

**Heat Stress in the Workplace:** Aug. 26

**Health Hazards of Workplace Chemicals:** Oct. 21

**Evaluation of IAQ/IEQ:** Nov. 25 & 26

**and next year ...**

**Occupational Hygiene Air Sampling:** May 4-6

**Industrial Noise Exposure Evaluation:** June 16-17.

We also present on-site workshops around the country. Because we have a lot of field experience and many years of teaching occupational hygiene courses in universities and in the "real world", we are prepared to offer a very wide range of seminars and practical workshops for workers, supervisors and health and safety professionals.

You will find more information on our website. If you would like us to present a seminar or workshop on any occupational hygiene topic at your workplace, please let us know.

## Heat Stress

Again, the summer is upon us and we are in for a hot one. If you have not already done so, this is the time to review your heat stress program. It should include the following "do"s and "don't"s

- Reduce consumption of tea, coffee, sugary drinks and alcoholic beverages during hot weather in order to prevent dehydration.
- Drink plenty of water. This is especially important early in the summer when you are not heat acclimatized.
- Stop working immediately if you experience dizziness, headache, weakness or chest or muscle pain and rest in a cooler area.
- Build up your heat tolerance slowly. Start the summer by spending a little time each day engaged in some outdoor physical activity and increase this each day. It will take about two weeks to acclimatize to summer conditions so that you can perform your normal job functions and engage in physical outdoor activities.
- Be aware that heat tolerance decreases with obesity. If your Body Mass Index is more than 30 (check yours at <http://www.cdc.gov/healthyweight/assessing/bmi/index.html>) you have an increased risk for heat stress.
- If you must work in direct sunlight, wear a hat and cover your skin with light cotton clothing. Try to stay out of the sun during late morning and early afternoon.
- If you work in an office, keep the air temperature at about 25-26°C. If there is a large difference between indoor and outdoor temperatures it will take longer for you to become heat acclimatized and you will feel uncomfortable when you go outside.
- You will feel more comfortable if the air is moving, so use fans in the office rather than using air-conditioners.

You may notice that at the beginning of the summer you sweat more, your skin becomes flushed easily and your heart rate is higher when you are working outdoors. Your sweat will also be saltier. As you become acclimatized, your cardiovascular system becomes more efficient at dissipating heat through your skin and you may notice a reduced sweat rate and heart rate.

Best regards, *Marg and Chuck*