

August 18, 2020

PLEASE  POST

## COVID – 19 UPDATE 13

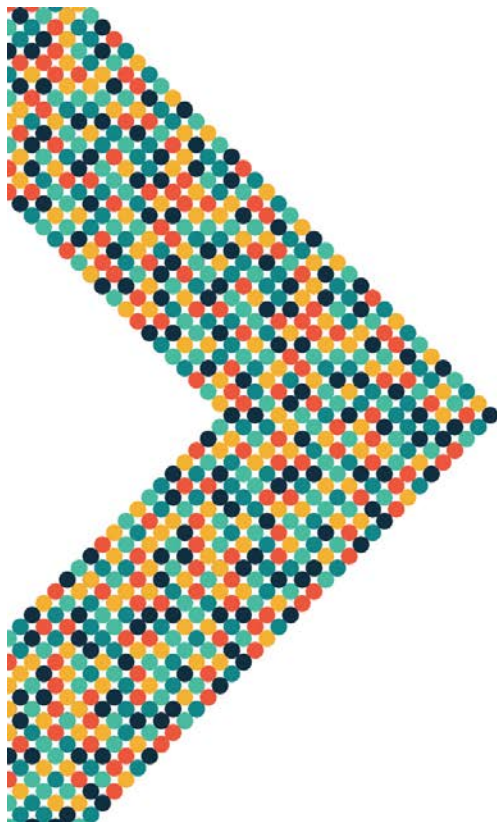
Dear Brothers and Sisters,

Due to the rapidly changing circumstances surrounding COVID-19 and its impact on workers, program support criteria are subject to change. Be sure to visit [www.unifor.org/covid19](http://www.unifor.org/covid19) to download updated versions of the fact sheets available to our members and their families.

<https://www.unifor.org/en/whats-new/event/unifor-summer-summit>

Reminder that the Unifor Summit 2020 Started this week on Wednesday August 19<sup>th</sup> and concludes on Friday August 21<sup>st</sup>.

Build Back Better Together



# Unifor Summer Summit

## #BuildBackBetter

- The summit featured different events for all Unifor members to connect to.
- Tune in and participate to:
  - A live panel sharing member stories from the front-line of the COVID-19 crisis
  - Regional forums for members in the Western, Ontario, Québec and Atlantic regions
  - A live panel sharing how Unifor members are working together for racial justice

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- Forums for participants from equity-seeking groups: Women, Aboriginal Workers and Workers of Colour, LGBTQ workers, Workers with disabilities, and young workers
- A discussion on Unifor's Build Back Better program and what workers need through the pandemic and beyond

## **Summer Summit at a glance**

- **Wednesday August 19**
- **11:30 a.m. to 1:00 p.m. Eastern Time** Welcome to the summit!, National President Jerry Dias
- **1:00 p.m. to 2:00 p.m. Eastern Time**, Equity Forum for Workers with disabilities (self-identified participants only)
- **2:30 p.m. to 3:30 p.m. Eastern Time**, Working on the front-line of the pandemic: Unifor members share their stories
- **4:00 p.m. to 5:00 p.m. Eastern Time**, Equity Forum for LGBTQ workers (self-identified participants only)
- **5:30 p.m. to 6:30 p.m. Eastern Time**, Equity Forum for Young Workers (self-identified participants only)
- **7:00 p.m. to 8:00 p.m. Eastern Time**, Western Regional Meeting (Western region participants only), Live address by Western Regional Director Gavin McGarrigle
- **Thursday August 20**
- **11:00 a.m. to 12:00 noon Eastern Time**, Ontario Regional Meeting (Ontario region participants only), Live address by Ontario Regional Director Naureen Rizvi
- **12:30 noon to 1:30 p.m. Eastern Time**, Equity Forum for women (self-identified participants only)
- **2:30 p.m. to 3:30 p.m. Eastern Time**, Québec Regional Meeting (Québec participants only), Live address by Québec Director Renaud Gagné
- **5:00 p.m. to 6:00 p.m.** Working Together for Racial Justice: Live talk
- **6:15 p.m. to 7:15 p.m.** Equity Forum for Aboriginal & Workers of Colour (self-identified participants only)
- **Friday August 21**
- **11:00 a.m. to 12:00 noon Eastern Time.** Atlantic Regional Meeting (Atlantic regional participants only), Live Address by Atlantic Regional Director Linda McNeil
- **12:30 noon to 1:45 p.m. Eastern Time**, Building Back Better Together: Live Panel, National Secretary-Treasurer Lana Payne

**You can still register now:**

**<https://buildbackbetter.unifor.org/summit>**

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# Labour Day 2020



September 7, 2020 - 12:00 AM

Unifor is preparing to celebrate Labour Day 2020! Along with recognizing the historical importance of Labour Day as a celebration of all workers, the day is also significant for our union.

This year's theme is Defending and Rebuilding and we we're looking forward to joining our members across Canada to commemorate this important day for working people throughout the country.

Although we may be apart as we continue to cope with COVID-19, that doesn't mean we can't celebrate together! We will be hosting virtual events on Labour Day, including a Facebook rally.

In the spirit of celebration and unity, all locals are invited to order a one-of-a-kind t-shirt – you can order online [here](#). A portion of the proceeds from shirt sales will be donated to a variety of important charities and causes across Canada.

The union will also be producing shareables and a Facebook profile picture frame for members to use on the day of. Whether your local is hosting or participating in a virtual event, or just celebrating with family, Labour Day is an opportunity to show union pride. Please share photos and videos of local and online actions and of individual members wearing our union's t-shirts to social media platforms using the hashtag #uniforlabourday.

Please also share your photos and videos with Unifor's Communications Department at [communications@unifor.org](mailto:communications@unifor.org).



**Local 114 has ordered a limited supply of these t-shirts if you would like to purchase one please contact the local with your name and address, the costs are anywhere from \$17.00 to \$21.50 depending on the size you request. Limited supply.**

<https://www.worksafebc.com/en/health-safety/hazards-exposures/heat-stress>



## Heat stress

Our bodies naturally maintain a temperature between 36°C and 38°C. Sweating cools our bodies down, but if you work in a hot environment this might not be enough. If your body heats up faster than it can cool itself, you experience heat stress. This can lead to serious heat disorders and potential injury.

- How workers are exposed
- The dangers to workers
  
- How to protect workers
- Resources

## How workers are exposed

There are three main causes of heat stress. They are:

- |                 |   |
|-----------------|---|
| The environment | <ul style="list-style-type: none"><li>• Radiant heat from direct or indirect sunlight (reflection from pavement or kilns)</li><li>• Air temperature hotter than skin temperature (warms a worker up)</li><li>• High humidity (makes it harder for a worker to cool down)</li></ul>  |
| The work        | <ul style="list-style-type: none"><li>• The more active you are, the more heat you will produce</li></ul>   |
| The worker      | <ul style="list-style-type: none"><li>• Conditioning (regular work in hot environments makes workers less prone to heat stress)</li><li>• Poor health, including obesity, advanced age, and medical conditions (the body responds poorly to overheating)</li><li>• Not staying hydrated</li><li>• Excess clothing or inappropriate personal protective equipment (they trap heat and prevent cooling)</li></ul> |

## The dangers to workers

As a worker's body heats up it loses fluids and salt through sweat. As workers dehydrate they are less able to cool themselves down. Workers in a hot environment should be aware of these warning signs of heat stress:

- Excessive sweating
- Dizziness
- Nausea

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If heat stress is not recognized and treated early, it can lead to heat disorders, which have serious effects on the body. These include:

- |                 |  |
|-----------------|--|
| Heat cramps     | <ul style="list-style-type: none"><li>• Painful muscle cramps</li><li>• Can lead to heat exhaustion if left untreated</li></ul>  |
| Heat exhaustion | <ul style="list-style-type: none"><li>• Shallow breathing</li><li>• Increased heart rate</li><li>• Weak, rapid pulse</li><li>• Cool, pale, clammy skin</li><li>• Sweating</li><li>• Weakness, fatigue, dizziness</li><li>• Headache and nausea</li><li>• Fainting</li><li>• Muscle cramps</li><li>• Can lead to heat stroke if left untreated</li></ul>                      |
| Heat stroke     | <ul style="list-style-type: none"><li>• Hot, dry, flushed skin</li><li>• No longer sweating</li><li>• Agitation and confusion</li><li>• Decreased level of consciousness and awareness</li><li>• Headache</li><li>• Nausea and vomiting</li><li>• Seizures</li><li>• Increase in breathing rate</li><li>• Irregular pulse</li><li>• Shock</li><li>• Cardiac arrest</li></ul> |

## **How to protect workers**

The most effective way to reduce the risk of heat stress is to eliminate the source of exposure. If that's not possible, there are other risk controls to use. When choosing risk controls, start by asking yourself the questions in the following steps, which are listed in order of effectiveness.

1. 1

### **Elimination or substitution**

Eliminating the hazard by substituting a safer process or material, where possible, is the most effective control. A question to consider:

- Can the job be done in a cooler environment?

2. 2

### **Engineering controls**

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Making physical modifications to facilities, equipment and processes can reduce exposure. Some questions to consider:

- Can ventilation be improved?
- Can hot surfaces be insulated or covered to reduce radiant heat?
- Can shields and barriers be installed to protect workers from heat?
- Can humidity be reduced?

3. 3

### Administrative controls

Changing work practices and work policies, awareness tools, and training can limit the risk of heat stress. Some questions to consider:

- Can warning signs be posted in the work area?
- Can cool-down rooms be provided?
- Can workers be acclimated to heat?
- Can water be provided?

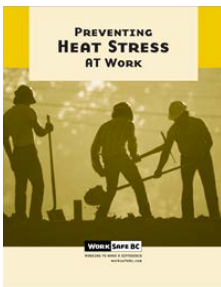
4. 4

### Personal protective equipment

This is the least effective control. It must always be used in addition to at least one other control. Some questions to consider:

- Do workers have heat-reflective clothing or water-cooled suits?
- Has [personal protective equipment](#) been tested to make sure it is working properly?

## Resources



### [Preventing Heat Stress at Work](#)

This booklet provides a basic overview of job-related heat stress, how to recognize and treat heat stress, and how to prevent heat stress. Workers exposed to hot environments must be trained to prevent...

Publication Date: Feb 2007

PDF Book

[Download](#)

Preview

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## Heat Exhaustion

Describes the prevention, symptoms, and treatment of heat exhaustion.

Publication Date: 2011

PDF Toolbox Meeting Guide [Download](#) [Preview](#)



## Heat Stroke

Describes the symptoms, treatment, and prevention of heat stroke.

Publication Date: 2011

PDF Toolbox Meeting Guide [Download](#) [Preview](#)



## Sun Safety at Work: Workers

Outdoor workers are up to 3.5 times more likely than indoor workers to develop skin cancer and are at a higher risk of experiencing heat stress. This video illustrates the dangers of sun exposure and...

Publication Date: Jul 2016

MPEG Video

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[More related resources](#)

## Web resources

- [Heat Stress Card \(OHSA\)](#)
- [Occupational Heat Exposure \(OSHA\)](#)

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**Unifor's website is constantly being updated as new information is provided. Unifor has many websites to direct you to for assistance.**

### Resources:

Unifor COVID-19 Information and Resources: <https://www.unifor.org/covid19>

Government of Canada Outbreak Update: <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html>

Government of Canada Income Supports for Workers/Individuals:  
<https://www.canada.ca/en/department-finance/economic-response-plan.html>

**Please also check the websites of your respective provinces for any additional provincial supports or resources that may be available to you.**

BCCDC website for Health info about COVID-19: [www.bccdc.ca](http://www.bccdc.ca)

British Columbia Centre for Disease Control (BCCDC) website: <http://covid-19.bccdc.ca/>

**Health Issues: Dial 811 and follow your Provincial Protocols**

**Mental Health Issues: Dial 211 or access your EAP benefits:**

## Other useful websites with information

### Federal Government Financial Support Resources:

Government of Canada COVID-19 Financial Assistance for Canadians Outside of Canada: <https://travel.gc.ca/assistance/emergency-info/financial-assistance/covid-19-financial-help>

Government of Canada Economic Plan & How to Apply for Support: <https://www.canada.ca/en/department-finance/news/2020/03/canadas-covid-19-economic-response-plan-support-for-canadians-and-businesses.html>

COVID - 19 Employment and Social Development Canada Information Guide: <https://www.canada.ca/en/employment-social-development/corporate/notices/coronavirus.html>

Canada Revenue Agency COVID-19: <https://www.canada.ca/en/revenue-agency/services/covid-19-employee-info.html>

### Provincial Government Financial Support Resources:

BC Preparedness Response: <https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/covid-19-provincial-support>

Income Assistance: <https://www2.gov.bc.ca/gov/content/family-social-supports/income-assistance>



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Income Assistance Offices in the Lower Mainland: <https://www2.gov.bc.ca/gov/content/family-social-supports/income-assistance/access-services#lowermainland>

**Health & Preparation Resources:**

COVID-19: Being prepared: <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/being-prepared.html>

Government of Canada Symptoms & Treatments: <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/symptoms.html>

BC COVID-19 Symptom Self-Assessment

Tool: <https://covid19.thrive.health/?fbclid=IwAR1NzQXV3eUgFa5bSimQ2wiRpXVRMZc1LPbqp5fUNIDFIK1Sc7yjhcc4aB>

Health Link BC & 811: <https://www.healthlinkbc.ca/services-and-resources/about-8-1-1>

**Other Useful Links:**

World Health Organization Myth Busters: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters>

World Health Organization Public Advice: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

Government of Canada, Community-based Measures: <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/health-professionals/public-health-measures-mitigate-covid-19.html>

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**If you have any questions please contact your Local Union Representative.**

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**Linda Jensen [jensen@uniforblocals.ca](mailto:jensen@uniforblocals.ca) ,**

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**Nathan Shier [nate@uniforblocals.ca](mailto:nate@uniforblocals.ca)**

**New Westminster Office 604.524.9457 1.800.841.5911**

**Follow phone directory to get to your Local Rep and if not available leave a message you will get a call back.**

**Employment Insurance questions or EFAP: Barbie Zipp Cell # 1.250.881.3515**

**[zipp.barbie@gmail.com](mailto:zipp.barbie@gmail.com)**

**Gord McGrath President Local 114 [mcgrath@uniforblocals.ca](mailto:mcgrath@uniforblocals.ca)**

**Bill Gaucher Secretary Treasurer Local 114 [gaucher@uniforblocals.ca](mailto:gaucher@uniforblocals.ca)**

**[www.unifor114.com](http://www.unifor114.com)**