

# TRANSPORTATION DISTRICT 140 DISTRICT DES TRANSPORTS 140

International Association of Machinists and Aerospace Workers  
Association internationale des machinistes et des travailleurs et travailleuses de l'aérospatiale

## NOTICE

### IAMAW MEMBERSHIP AIR CANADA

### HEALTH & SAFETY- WORKING IN EXTREME HEAT JULY 12, 2023

#### Atlantic / Maritimes

61 Tacoma Drive  
Suite 1  
Dartmouth, Nova Scotia  
B2W 3E7  
Tel/Tél : 902-481-0077  
Fax/Télé : 902-481-0079

#### Central / Centre

2580 Drew Road  
Suite 203  
Mississauga, Ontario  
L4T 3M5  
Tel/Tél : 905-671-3192  
Toll Free/Sans frais :  
1-877-426-2948  
Fax/Télé : 905-671-2114  
Toll Free/Sans frais :  
1-866-298-0369

#### Eastern / est

3900, boul. Côte-Vertu,  
Bureau 202  
Saint-Laurent, Québec  
H4R 1V4  
Tel/Tél : 514-336-3031  
Toll Free/Sans frais :  
1-888-992-1010  
Fax/Télé : 514-336-3039  
Toll Free/Sans frais :  
1-866-800-0039

#### West / Ouest

7980 River Road  
Richmond, B.C.  
V6X 1X7  
Tel/Tél : 604-448-0721  
Toll Free/Sans frais :  
1-877-426-3140  
Fax/Télé : 604-448-0710  
Toll Free/Sans frais :  
1-888-310-1688

PO Box 152  
2000 Airport Road, NE  
Calgary, Alberta  
T2E 6Z8  
Tel/Tél : 403-719-8140  
Fax/Télé : 403-719-8143

18 - 339 Berry Street,  
Winnipeg, Manitoba  
R3J 1N6  
Tel/Tél : 204-987-9254  
Fax/Télé : 204-987-9252

Dear IAMAW Membership,

As summer has arrived and we find ourselves facing the challenges of extreme temperatures, it is crucial to prioritize your safety and well-being above all else. Your Union stands firmly behind the principle that your health and safety should never be compromised. With this in mind, we would like to share some important guidelines to help you stay safe during these extreme weather conditions:

**Stay Hydrated:** Proper hydration is essential when facing high temperatures. Drink plenty of water throughout the day, even if you do not feel thirsty. Avoid excessive caffeine or sugary drinks as they can contribute to dehydration.

**Dress Appropriately:** Choose weather appropriate uniform that allows your body to breathe and helps to regulate your body temperature. Consider choosing short sleeve tops instead of long sleeve or shorts instead of pants. Additionally, consider wearing a hat and using sunscreen to protect yourself from harmful UV rays.

**Take Breaks:** If and when possible, take regular breaks in a cool, shaded area to give your body time to rest and recover. Always listen to your body.

**Use Protective Equipment:** If your work requires you to be outdoors, ensure you have the necessary personal protective equipment (PPE) to help safeguard yourself. This may include hats, sunglasses and sunscreen.

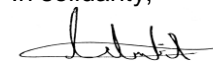
**Communicate Concerns:** If you encounter hazardous working conditions or feel that the temperature is jeopardizing your safety, it is vital to report your concerns to your immediate manager (inclusive of manpower planning) and your health and safety representatives. Remember, you have the right to a safe and healthy work environment.

**We also want to emphasize that no member should fear any form of reprisal from management or coworkers for prioritizing their own safety.** It is your right to advocate for your well-being and raise concerns when necessary. Your Union is here to support you and ensure that your rights protected, and concerns are addressed.

In case you face any difficulties or encounter resistance when putting your safety first, please reach out to your Union and/or health and safety representatives for guidance and support.

Please stay safe, stay hydrated, and take care of each other.

In solidarity,

  
Mahmoud Khatib  
General Chairperson  
IAMAW District Lodge 140

  
Sally Crowther  
Regional Safety Coordinator  
IAMAW, Central Region