

Beat the Heat: Tips for Managing Temperature and Recognizing Heat Stress in Your North Van Business

As summer temperatures rise, local businesses face unique challenges in maintaining a comfortable environment. Extreme heat can impact employee and customer health, making it crucial to adopt effective cooling strategies.

North Shore Medical Health Officer Dr. Alex Choi has provided the following advice to help business owners create a safe environment in hot weather.

Extreme heat and our health

North Vancouver generally has moderate temperatures, however, as our climate changes, extreme heat events are becoming more common. Exposure to heat can lead to dangerous health effects, such as [heat exhaustion and heat stroke](#).

Which customers are at increased risk?

[Some people](#) are more affected by the heat than others, including:

- people over the age of 60
- people who live alone or who have limited mobility
- people with certain health conditions (such as diabetes, heart disease, respiratory disease, schizophrenia, depression, or anxiety)
- people who use substances
- people on certain medicines (such as antipsychotics, antidepressants, or diuretics)



- pregnant women, infants, and young children

How do I know when heat might pose a danger to health?

- Monitor indoor temperatures and implement measures (below) to keep the temperature consistently cooler than 26C. The risk for heat-related illness may increase at indoor temperatures over 26C and significantly increase at indoor temperatures over 31C.
- Check the local weather forecast. “Heat Warnings” or “Extreme Heat Emergencies” will be communicated publicly
- Stay informed about emergencies in North Vancouver by signing up for [Alertable](#) notifications

How can I keep my business space cool?

Keep your business cool, somewhere between 22C and 26C.

- Close windows and pull indoor/outdoor shades/blinds around 10 a.m. to trap the cooler air inside and block the sun.
- Open windows and doors around 9-10 p.m. to let the cooler overnight air in (check the outdoor temperature is lower than indoors.)
- Use one or more fans strategically to help move cooler air into the business overnight.
- Use exhaust fans, usually located in kitchens and bathrooms, to move warmer indoor air to the outside, and open windows to pull in cooler outdoor air overnight.
- Use a thermometer to monitor indoor temperatures
- Consider getting an air conditioner; if you have air conditioning, be sure to check that it is working and turn it on.

How can I protect my staff and keep them cool?

- Please see WorkSafe BC [heat stress](#) resources for comprehensive guidance, including recent advice on [protecting workers](#)
- Know the signs of [heat illness](#) and educate staff to be alert if staff/patrons show symptoms.
- Post [heat guidance](#) where it is easy to see.
- **If it is 31C or higher inside, it is dangerously hot for people at higher risk.**
- Where possible, allow change in work hours so staff who might be exposed to heat can do their work during the coolest hours of the day.
- Increase breaks and encourage staff to drink plenty of water.

Where can I get more information?

[Vancouver Coastal Health](#) — Read about the health effects of heat and ways to reduce exposure.

[North Shore Emergency Management](#) — Learn how to prepare for extreme heat events.

[HealthLink BC](#) — Learn about about heat-related illness.

[Environment Canada](#) – Find weather alerts

[Alertable Public Alerts](#) – Stay informed with Alertable notifications

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