



**ONTARIO
FEDERATION OF
LABOUR**



"I am a courier, delivering by bicycle or on foot in extreme heat during the summer months for extended periods. Each step becomes heavier, each delivery more taxing. The dizziness and nausea are constant companions, and I have to pay out of pocket for supplies to treat my heatstroke and dehydration. When this happens, I'm on my own, with no support from my app-based employers like SkipTheDishes and UberEats. On days when heatstroke incapacitates me and I can't work the following day, I simply don't make any money."



"Working in an elementary school in York region, I face significant challenges. Our school board only provides air conditioning in the office and library, leaving the rest of the large two-story building with barely open windows and insufficient fans. The few fans we have are nearly 10 years old, with just one per room. During hot, smoky days, we had to keep windows closed and rely on these fans. The grade 8 graduation was held in a non-air-conditioned gym packed with people, followed by dinner in another uncooled room. I spent the evening helping students who were close to fainting or getting sick. On the hottest days, most staff and students, including myself, went home with headaches and nausea. The upstairs classrooms can reach over 40°C with humidity for much of May and June.

If only parents and our government could feel the heat in these children's classrooms, they would know this is unacceptable."



"As the first person to enter the school, I ensure the playground is safe, rake leaves in the fall, blow snow in the winter, and clean the entire school. It's important work, and I'm proud to do it. I'm fortunate to work in an air-conditioned school, but many custodians aren't. For them, heat drains their energy, making tasks exhausting, and prolonged exposure can lead to dehydration, heat exhaustion, and heat stroke. We deserve better, and we need it now."

OHCOW
StressAssess
Survey Tool and App

