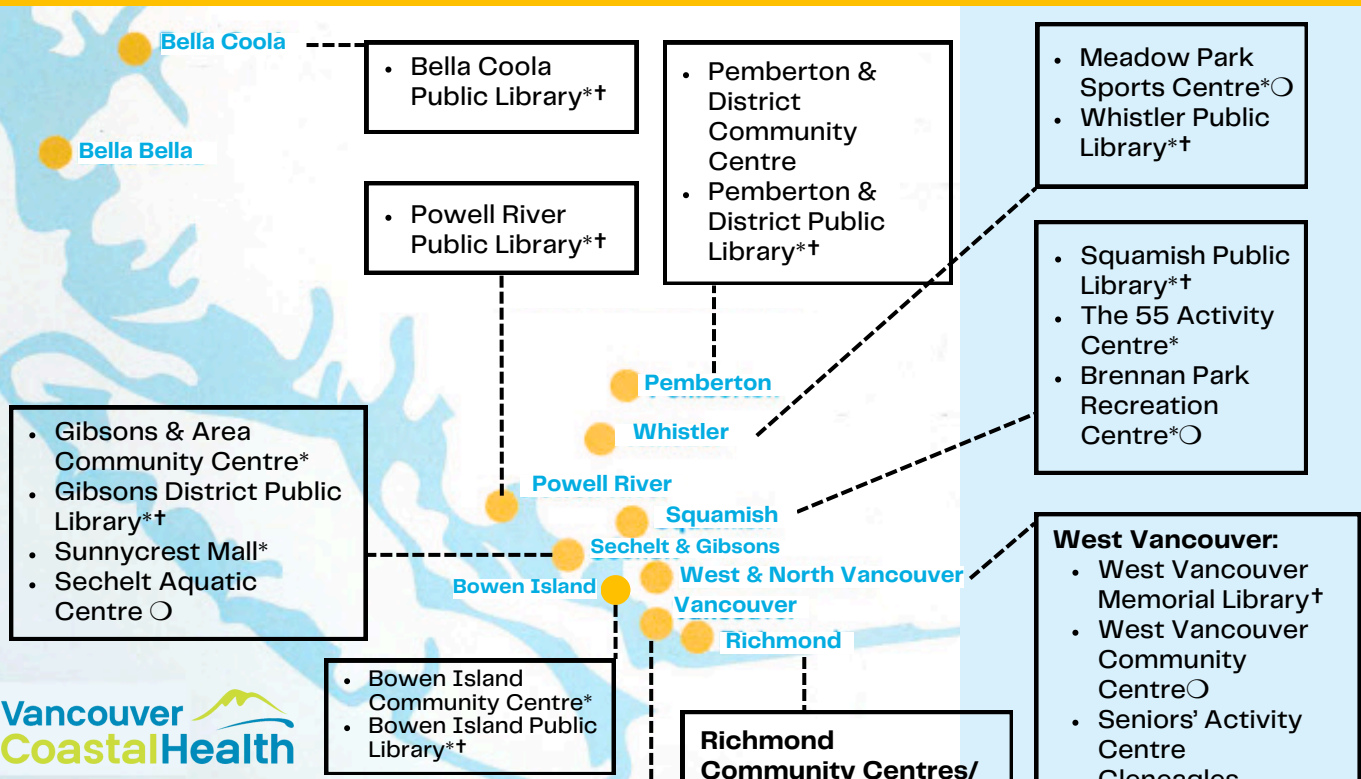


# KEEPING COOL: A LIST OF COOLING CENTRES IN THE VANCOUVER COASTAL HEALTH REGION

\*has air conditioning  
 † has library  
 ○ has pool



- Vancouver Community Centres & Libraries**
- Britannia\*†○
  - Carnegie\*†
  - Central Branch VPL\*†
  - Champlain Heights\*†
  - Coal Harbour
  - Collingwood VPL\*†
  - Creekside
  - Douglas Park
  - Dunbar\*†
  - Evelyne Saller\*
  - False Creek
  - Firehall VPL†
  - Fraserview VPL\*†
  - Gathering Place\*
  - Hastings\*†
  - Hillcrest\*†○
  - Joe Fortes VPL†
  - Kensington\*†
  - Kerrisdale\*†○
  - Killarney\*○
  - Kitsilano\*†○
  - Lord Byng ○
  - Maple Grove ○
  - Marpole VPL\*†
  - Marpole-Oakridge\*
  - Mount Pleasant\*†
  - New Brighton ○
  - Ray-Cam Coop\*
  - Renfrew Park\*†
  - Roundhouse\*
  - Second Beach ○
  - South Hill VPL\*†
  - Strathcona\*†
  - Sunset
  - Templeton Park ○
  - Thunderbird
  - Trout Lake
  - West End\*
  - West Point Grey\*†
  - Vancouver Aquatic Centre ○

- Richmond Community Centres/ Libraries**
- Brighthouse RPL†
  - Cambie†
  - City Centre
  - Hamilton
  - Ironwood RPL†
  - Sea Island
  - South Arm ○
  - Steveston†○
  - Thompson
  - West Richmond
- Other cooling centres:
- Minoru Arenas ○



Full List of VCH Cooling Centres

- Bella Cooola**
- Bella Cooola Public Library\*†
- Bella Bella**
- Powell River Public Library\*†

- Pemberton**
- Pemberton & District Community Centre
  - Pemberton & District Public Library\*†

- Whistler**
- Meadow Park Sports Centre\*○
  - Whistler Public Library\*†
- Powell River**
- Squamish Public Library\*†
  - The 55 Activity Centre\*
  - Brennan Park Recreation Centre\*○

- Gibsons & Area**
- Gibsons & Area Community Centre\*
  - Gibsons District Public Library\*†
  - Sunnycrest Mall\*
  - Sechelt Aquatic Centre ○

- Bowen Island**
- Bowen Island Community Centre\*
  - Bowen Island Public Library\*†

- West Vancouver:**
- West Vancouver Memorial Library†
  - West Vancouver Community Centre○
  - Seniors' Activity Centre
  - Gleneagles Community Centre

- North Vancouver Community Centres:**
- Ron Andrews ○
  - Parkgate
  - Karen Magnussen○
  - Lynn Valley
  - Delbrook ○
  - Lions Gate
  - John Braithwaite
  - Harry Jerome ○

- North Van District Public Libraries †**
- Lynn Valley Branch
  - City Library Branch
  - Capilano Branch

# Keeping Cool and Accessing Your Rights as a B.C. Worker



All workers deserve to stay cool!



## TIPS FOR STAYING COOL AT WORK IN EXTREME HEAT



Prepare jugs of ice water



Keep hydrated (Avoid sugary drinks as they can cause dehydration)



Wear sunscreen



Monitor your body temperature



Use spray bottles filled with cold water for quick relief



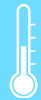
Wear light and loose-fitting clothing



Wear cooling packs around your neck



Take breaks for respite (you are entitled to a break after 5 consecutive hours of working)



Keep a thermometer in your workplace to monitor heat levels

## TAKE CARE OF YOURSELF AND YOUR COMMUNITY

Establish a buddy system and check in on one another!



Do you need anything?

How are you doing?

Did you sleep the night before?



Ask where the cooling centres are in the community.

E.g. libraries, movie theatres, community centres, shaded green spaces, etc.

Stay informed! Keep an eye out for emergency weather alerts.

Either sent to your phone or tune into the local weather forecast.



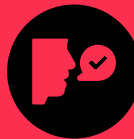
## HEALTH AND SAFETY DURING EXTREME HEAT

Extreme heat can cause hazards such as heat stress and is a legitimate workplace safety issue. The **Workers Compensation Act** protects your right to raise concerns about extreme heat and have the issue remedied.

### EMPLOYERS NEED TO MAINTAIN A SAFE WORKPLACE:



Conduct a heat stress plan



Conduct regular inspections of the workplace and respond to worker safety concerns



Respond if any of the following occur:

- Worker complaints that high temperatures in workplace raise workers' core body temperature to exceed 38°
- That a worker could experience heat stress.

### AS A WORKER, YOU HAVE THE RIGHT TO:



Have potable drinking water near your work-station



Raise concerns about air quality and temperature



Be trained on emergency evacuation procedures



To wear clothing that will not expose you to heat stress and other hazards

## YOU HAVE THE RIGHT TO REFUSE UNSAFE WORK:



Your employer may not punish or retaliate against you for refusing unsafe work.



You do not need to prove something is unsafe prior to refusing unsafe work.



If you believe temperatures are unsafe, report to your supervisor or employer (if you feel safe to do so).



You're not obligated to do the unsafe work until the employer has investigated or fixed the problem.



Report unsafe work to WorkSafe BC if the employer does not investigate.





If your employer punishes you (suspended, demoted, wage cut, terminated, etc) in response to a safety concern, they have committed an unlawful prohibited action.



You can file a complaint with WorkSafe BC within 1 year of the retaliatory incident.



 Actions you can take

 Illegal employer actions/actions you don't need to take

Check out more details about this process by scanning the QR code here:



Are you a migrant worker?

Regardless of your status in Canada, you can file a complaint with WorkSafe BC and the Human Rights Tribunal.