



June 30, 2021

To: Plains Drivers and Lease-Operators

Re: Extreme Heat Warning

A historic and prolonged heat wave persists across many parts of Western Canada and will continue through the remainder of the week ending July 3. Temperatures are expected to reach the mid-to-high 30s (Celsius) on Wednesday, and will peak near 40 degrees in some regions. The heat wave may continue into early next week in some areas with little to no reprieve from the heat expected, as overnight lows will remain between 15 and 25 degrees.

The duration and magnitude of this heat event has the potential for increased risk of heat related illness, such as heat stroke or heat exhaustion. While symptoms can vary, they include dry, hot skin (due to failure to sweat) or profuse sweating, a very high body temperature (often exceeding 41 degrees Celsius), hallucinations, confusion, seizures, and complete or partial loss of consciousness.

To help manage and reduce the risk of heat stroke, individuals are encouraged to drink extra fluids (1 cup every 15 minutes is recommended), wear sunscreen and take regular breaks. If you do require a break, following these steps:

- Disengage the pump to stop the flow of product. It is important to always be in care and control
- Contact your Trucking Rep if your load/unload will be delayed
- Contact the Operator at the load/unload location to communicate that your load/unload may require additional time

Plains encourages all drivers to stop and pause work if experiencing any symptoms related to heat stroke. Communicate to others that you are not feeling well so that first aid can be initiated as heat stroke has the potential to be life threatening.

If you have any questions or concerns, please contact your Trucking Representative or email ttsafety@plainsmidstream.com.

Regards,

Bill Platt
Manager, Trucking Safety & Compliance
Plains