

CONTRACTOR SAFETY ALERT **Working in hot conditions**

13 December 2018

This safety alert has been issued to remind you of the precautions to take to reduce the risk of suffering from heat during the summer period. Working in heat may be hazardous when people are carrying out activities where heat is generated (e.g. welding), or when doing work involving significant physical activity outside or with no air conditioning during hot weather. Early symptoms of illness from heat can include dizziness and sweating, unconsciousness, the risk for heart failure or stroke in extreme cases.

The key to preventing potential risks and hazards is being aware of how your personal safety may be compromised, then taking simple steps to protect yourself at all times.

Here are some proactive steps you can take when you are working in hot conditions:

1. Stay hydrated. Drink plenty of fluids. Don't wait until you're thirsty. Your body is sweating out fluid, and you have to keep replacing it.
2. Avoid dehydrating liquids. Avoid coffee, tea, caffeinated soft drinks and alcohol. These can hurt more than help.
3. Wear protective clothing. Lightweight, light-coloured and loose-fitting clothing. Cover as much of your body as possible. Change clothing if it gets completely saturated.
4. Pace yourself. Slow down and work at an even pace. Know your own limits and ability to work safely in heat.
5. Schedule frequent breaks. Take time for rest periods and water breaks in a shaded or air conditioned area.
6. Use a damp rag. Wipe your face or put it around your neck.
7. Avoid getting sunburn. Use sunscreen and wear a hat if working outside.
8. Be alert to signs of heat-related illness. Know what to look for and check on other workers that might be at high risk.
9. Avoid direct sun. Find shade or block out the sun if possible.



Report all incidents to DHA
Phone **139 342**

Please visit the ***Guide for managing the risks of working in heat*** for further information.