



# 1300 apprentice

At the heart of successful apprenticeships & traineeships

## SAFETY ALERT Heat Related Stress

ZH Alert No: STE 003

Date of Issue: 23 January 2013



### What happened:

Over the past few weeks we have seen temperatures rise to 40 degree Celsius and beyond. We wanted to remind all of our workers to remember some basic rules when working in the sun and in extreme heat conditions to keep everyone safe this summer.

### What is Heat Related Stress:

- Heat-related illness and heat related stress occurs when the body is unable to cool itself enough to maintain a healthy temperature. The body normally cools itself by sweating, but sometimes sweating isn't enough and the body temperature keeps rising.
- Heat stress does not happen only when a person is working outside in summer. An indoor worker can suffer from heat stress from working in a hot workplace such as a laundry, kitchen, or boiler room.
- The effects of heat stress range from simple discomfort to life-threatening illnesses such as heat stroke. Heat stress reduces work capacity and efficiency. Signs of heat stress include tiredness, irritability, inattention and muscular cramps.

### Ways to reduce the risk:

1. Ensure that your indoor work areas are adequately ventilated, including extraction of air where necessary
2. If you're working outside ensure the tasks are undertaken outside of the peak temperatures, maybe start work early on these days to finish before the peak of the heat.
3. Replace fluid lost through perspiration by drinking water frequently (1/2 litre of water every 1/2 hour of work)
4. Take rest breaks in a cool place
5. Wear appropriate clothing, cool clothing that is made of natural fibers but still protects from the sun.
6. If you're feeling ill notify someone and seek medical advice.

*1/2 a litre of water every 1/2 hour of work*

For further information contact: Darren Gibson – WHS Manager 1300apprentice