

## Safe Work Instruction - Heat Stress

**DO NOT** complete this activity unless you have been inducted in its safety aspects by an Authorised Experienced Operator or Supervisor

This SWI may not cover all possible hazards and risks and should be referred to as a control measure in the risk assessment process. Additional training may be required for high risk plant. Site and task may change required PPE.

### PERSONAL PROTECTIVE EQUIPMENT



UV rated eye protection must be worn



SPF 30+ Ultra Violet radiation protection must be applied



Long sleeved shirt and trousers must be worn



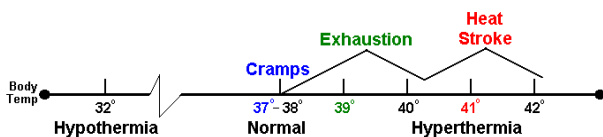
Broad brimmed hat must be worn

### POTENTIAL HAZARDS AND RISKS

- ⓘ Radiation burn**  
Excessive exposure to solar radiation
- ⓘ Heat stress**  
Warning sign: clammy skin, rapid pulse, nausea, poor concentration, light headedness
- ⓘ Dehydration**  
Prolonged exposure to hot conditions, excessive sweating

### PRE-OPERATIONAL SAFETY CHECKS

- ✓ Complete site specific risk assessment
- ✓ Monitor weather forecasts when planning work
- ✓ Ensure PPE provides adequate protection against environmental hazards
- ✓ Where possible plan physically demanding outdoor activities for cooler times of the day (morning, late afternoon)
- ✓ If working indoors there must be adequate ventilation and separation of workers from sources of heat
- ✓ Ensure adequate cool drinking water is readily available
- ✓ Ensure sufficient shaded areas are available for break periods



### DO NOT

- ✗ Do not ignore signs of heat stress
- ✗ Do not start work without sufficient UV protection
- ✗ Do not continue to work if feeling unwell

\*Plant in this SWI refers to any machinery, equipment, appliance, container, implement and tool.

### OPERATING PROCEDURES

- ✓ Avoid dehydration by taking regular drinks of cool water
- ✓ Ensure sufficient workers are available to allow for adequate task rotation
- ✓ Plan for regular breaks using the graph above as a guide
- ✓ Workers should be aware of the symptoms of heat stress and use a buddy system to look after each other

### ENDING OPERATIONS

- ✓ Move to a shaded and cool location
- ✓ Take on additional cool water