

## 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+ Ultraviolet radiation protection must be applied






Long sleeved shirt and trousers must be worn



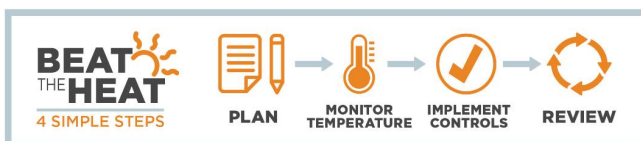
Broad brimmed hat must be worn

### POTENTIAL HAZARDS AND RISKS

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

### 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