

MS – Toolbox Meeting Records			<b>MRG-CF-TCR-07</b>
Rev: 2.0	Next Rev Date: July 2028	Issue Date: July 2024	

**Toolbox Talk No: 285**

<b>Issue:</b>	Extreme Hot Weather & Sun Protection		
<b>Location:</b>	Via SMS Text Message, MRG Employee Portal	<b>Date:</b>	<b>08/01/2026</b>
<b>Briefed by:</b>	Via SMS and Portal	<b>Time:</b>	<b>10.30</b>

**Points Raised and Comments**

**Purpose of this Talk**  
 Extreme hot weather presents serious and foreseeable risks to personnel working within the rail corridor. This toolbox talk reinforces mandatory controls, behaviours, and responsibilities to prevent heat-related illness and sun exposure injuries, while maintaining compliance with rail safety rules and WHS obligations.

**Why Extreme Heat Is a Rail-Specific Risk**  
 Rail environments increase heat exposure due to:

- Ballast and steel infrastructure reflecting and retaining heat
- Limited natural shade within corridors
- Heavy PPE requirements
- Night works transitioning into hot daytime conditions
- Physical tasks performed under time-critical possessions

Heat stress in rail environments can lead to impaired judgement, reduced situational awareness, and increased risk around live rail, moving plant, and electrical assets.

**Hazards / Causes**

- Prolonged exposure to direct sunlight
- Dehydration and electrolyte imbalance
- High humidity limiting body cooling
- Inadequate rest or recovery during possessions
- Insufficient sun protection (UV exposure)

**Heat-Related Conditions to Watch For**

**Heat Stress (Early Warning):**

- Excessive sweating
- Thirst and fatigue
- Headache and irritability

**Heat Exhaustion:**

- Dizziness or nausea
- Muscle cramps
- Confusion or reduced coordination

**Heat Stroke (Medical Emergency):**

- Hot, dry skin
- Collapse or unconsciousness
- Rapid pulse or seizures

**Sun Exposure Risks**

- Sunburn

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- Long-term skin damage
- Increased risk of skin cancer due to UV exposure
- Eye damage from glare and UV radiation

**Mandatory Controls & Prevention Measures**

**Hydration:**

- Drink water regularly—do not wait until thirsty
- Supervisors to ensure water availability at all work locations

**Work Planning:**

- Adjust tasks to cooler periods where practicable
- Rotate workers on high-exertion tasks
- Increase rest breaks during extreme heat

**Shade & Cooling:**

- Use shaded rest areas or cooling shelters where available
- Remove PPE during breaks where safe to do so

**PPE & Sun Protection:**

- Rail-compliant high-vis clothing with breathable materials
- Broad-brim or hard-hat-compatible sun protection
- Sunscreen SPF 30+ (reapplied regularly)
- UV-rated safety glasses

**Fatigue Management:**

- Monitor for heat-related fatigue
- Workers must report feeling unwell immediately
- No worker is to continue if symptoms are present

**Stop Work Authority**

All personnel have the authority and obligation to STOP WORK if:

- Heat conditions become unsafe
- A worker shows signs of heat illness
- Controls are no longer effective

Stopping work due to heat risk is a safety requirement, not a delay.

**Emergency Procedures**

- Move affected person to shade or a cool area immediately
- Loosen clothing and apply cooling (cool water, air flow)
- Do not leave the person unattended
- Call 000 for suspected heat stroke or collapse
- Notify Supervisor and follow Rail Emergency Response Procedures

**Key Takeaways**

- Extreme heat increases risk in the rail corridor, stay alert
- Hydration, shade, and rest are critical safety controls
- Sun protection is mandatory, not optional
- Speak up early, heat illness escalates quickly
- Look after yourself and your mates

**If you are unsure what to do following an incident, please contact:  
Michael Petrovski 0478 983 823 or Chris Cakovski 0434 531 255**