

EHS Alert

Subject: Working in Warm Conditions

EHS-011-2026

Heat Stress

When your body's cooling system cannot keep up with the heat, you run the risk of developing heat exhaustion or more serious, heat stroke. Your physical fitness can also reduce your ability to deal with the heat, including age, fitness levels, medication and recent illness.

Heat Exhaustion Symptoms

- A body temperature of 38 deg. C or more
- Sweating, pale, clammy, nausea and headache
- Fast breathing or rapid pulse and feeling dizzy or confused
- Cramps in arms, legs or stomach

Take Action:

- Get into shade immediately. If possible lie down with feet slightly raised
- Loosen clothing and spray or sponge down with cool water
- Ensure you keep hydrated
- You or the person affected should start to feel better and cooler within 30 minutes

Heat Stroke Symptoms

- Still feeling unwell after 30 minutes rest, cooling and rehydration.
- The body is overheating and body temperature is 40 deg. C or more.
- The body doesn't sweat and skin is hot and dry
- Rapid breathing, confusion, fitting and possible loss of consciousness

Take Action:

This is a medical emergency. Get the person **to hospital immediately**, wrap skin in cool, wet sheets or towels and fan rapidly.



Discussion Points

Poor decision making and placing yourself closer to hazards can increase when working in heat conditions. Protect yourself and others by:

1. Avoiding strenuous or safety critical work in hotter times of the day, and taking more frequent short breaks
2. Prevent dehydration. Drink small amounts of water every half hour, don't wait until you are thirsty. Spray or sprinkle water over clothes.
3. Avoid caffeinated drinks or any alcohol (after work) in hot conditions.
4. If you are carrying out strenuous work activities that results in heavy sweating, consider having drinks containing electrolytes or taking salt tablets to re-balance sodium levels in your body. This will help prevent a condition called *hyponatraemia*.
5. Regularly check in on welfare of colleagues and share work across teams.
6. Keep skin protected whilst outside to prevent against sunburn and longer term skin damage

ZERO
HARM

Be fit for
work

Always receive
briefing before
starting work

Report unsafe
events or
conditions

Stop work
when anything
changes