

SAFETY MOMENT

October 2023 – Heat Stress

Heat stress may affect people during our summer months and may affect workers at some workplaces throughout the year. The effects of heat stress range from discomfort to life threatening illnesses such as heat stroke.

Work safely in the heat



Avoid heat illness

- Be aware of symptoms of heat illness
- Use barriers or reflective screens alongside heat sources
- Take breaks in shaded/cool places
- Acclimatise to hot environments
- Share the workload
- Drink water regularly
- Use shade protection, a hat and sunscreen
- Wear light clothing
- Use natural ventilation, fans, blowers or chillers
- Maintain a healthy lifestyle
- Keep an eye on your workmates

Below are additional sources of useful information relating to heat stress:

Skin cancer and outdoor work WorkSafe/Department of Health (WA)/Cancer Council WA
https://www.commerce.wa.gov.au/sites/default/files/atoms/files/skin_and_outdoor_work.pdf

Guide on exposure to solar ultraviolet radiation Safe Work Australia
<https://www.safeworkaustralia.gov.au/system/files/documents/1702/guide-exposure-solar-ultraviolet-radiation.pdf>

Working safely in hot conditions - Print version
https://www.commerce.wa.gov.au/sites/default/files/atoms/files/working_safely_in_hot_conditions2020.pdf