

Keep Your Cool. Literally.

Beat the Heat at Work



A strong El Niño is set to bring hotter days and longer heatwaves this summer. Heat illness is serious but preventable, so here's how we'll look after each other.

DANGER WARNING ACT FAST STAY COOL	Heat Stroke Life threatening. Call 000 immediately. 000			Red, hot, dry skin High temperature Confusion Convulsions	Intense thirst Headache Nausea or vomiting Fainting
	Heat Exhaustion Rest somewhere cool and sip cool fluids			Dizziness Sweaty skin Cramps Fast, weak pulse	Headache Weakness Nausea or vomiting
	If Someone Feels Unwell 1 Stop work and move to a cool, well ventilated spot 2 Sip cool water and loosen tight clothing 3 Tell your supervisor or first aid officer 4 Not improving quickly, or skin hot and dry? Call 000				
What We Will Do For You ■ Cool drinking water available at all times ■ Extra rest breaks somewhere cool, shaded or air conditioned ■ Hot or heavy jobs moved to cooler times, or postponed ■ Task rotation, extra hands or mechanical aids to cut exertion ■ Fans, air con, blinds and shade to keep spaces cool ■ Flexible start times or a cooler spot, where the role allows ■ No hot works (welding, grinding) on total fire ban days			What You Can Do ❑ Drink water every 15 minutes, even if you're not thirsty ❑ Wear light, loose clothing that still protects you ❑ Outdoors: hat, sunscreen, sunnies, and find shade ❑ Take your breaks and pace yourself on hot days ❑ Look out for your workmates and check in on each other ❑ Tell your manager if medication or health affects your heat tolerance ❑ Plan your commute in case public transport is disrupted		



Speak Up
Worried about heat at work? Talk to your manager or Health Safety Representative. There's no set maximum temperature in Victorian OHS law, so ask about our heat plan.