

▪ PROTECT WORKERS FROM ▪

HEAT STRESS

PRESENTED BY SYSTEMS 24-7

WATER . REST . SHADE

Heat stress is not just about temperature! There are several factors that contribute to heat stress, and most importantly we need to recognize that these factors will affect people differently. Never ignore symptoms of heat related illnesses.

The humidity can be just as bad as or worse than the actual temperature. Make sure you keep an eye on the humidex and adjust your work accordingly.

HUMIDEX	ACTION RECOMMENDED	HUMIDEX	ACTION RECOMMENDED
Low 30-37	<ul style="list-style-type: none">▪ Post heat stress alerts▪ Drink water	High 42-46	<ul style="list-style-type: none">▪ Severely curtail physical activity▪ Ensure sufficient rest/recovery time▪ Drink a cup of water every 15-20 mins
Medium 38-39	<ul style="list-style-type: none">▪ Reduce physical activity (eg. slower pace, more breaks)▪ Drink a cup of water every 20-30 mins	Extensive 47+	<ul style="list-style-type: none">▪ Hazardous to continue physical activity
Moderate 40-41	<ul style="list-style-type: none">▪ Further reduce physical activity▪ Ensure sufficient rest/recovery time▪ Drink a cup of water every 15-20 mins		

SET UP A BUDDY SYSTEM

Check workers routinely to make sure...

- ✓ they make use of readily available water and shade.
- ✓ they don't have heat-related symptoms.



SCHEDULE AND ENCOURAGE FREQUENT REST BREAKS

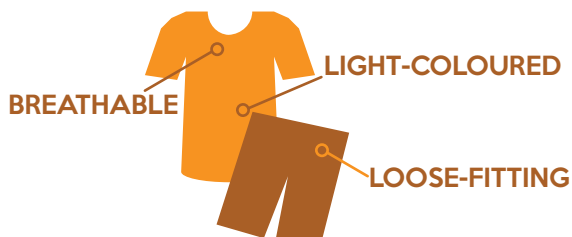
...with water breaks in shaded or air-conditioned recovery areas.



EMPHASIZE THE NEED FOR APPROPRIATE CLOTHING

Encourage workers to wear clothing that is...

Cotton clothing can be soaked in water to aid cooling.



Be aware that protective clothing or **personal protective equipment** may increase the risk of heat stress.



ENCOURAGE WORKERS TO DRINK PLENTY OF FLUIDS...

...such as drinking small amounts of water before coming thirsty.

During moderate activity in moderately hot conditions, workers should drink about...



**1 CUP EVERY
15 TO 20 MINUTES**