

HEAT INJURIES ARE OCCUPATIONAL INJURIES

How to keep workers safe and productive in hot weather



Individuals working in hot conditions

are more likely to suffer heat illness or work injury
their mental capacity is reduced & their productivity is lowered by more than 15%

Use these **measures** to protect workers from heat - mitigation can *halve* the impacts of heat on health & productivity

PLAN HEAT DEFENCE



Pay attention to weather forecasts & create a heat plan before the heatwaves

TAKE BREAKS



Small work breaks (e.g., 2-5 min every hour) can reduce health risks without affecting productivity

HYDRATE



Ensure easy access to drinking water at all times using water stations, hydration bags, water belts, etc.

RE-ARRANGE WORK



Plan outdoor & physically demanding work during the cooler parts of the day

OPTIMIZE CLOTHING

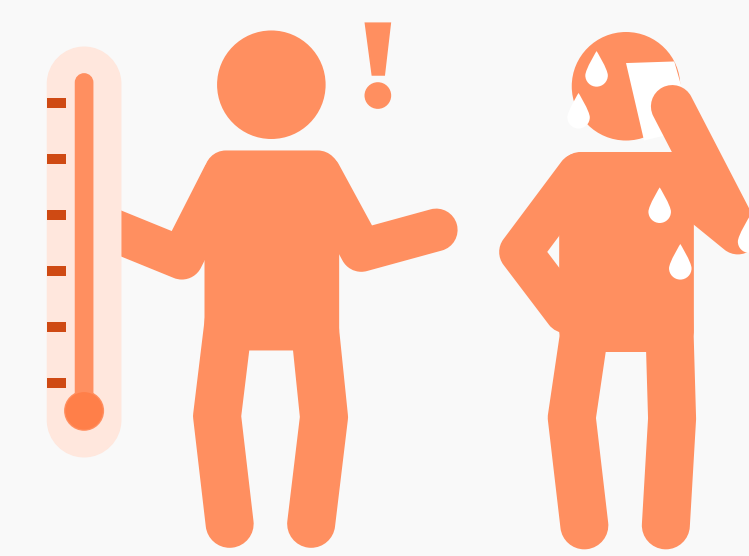


Wear uniform or personal protective clothing that is loose, light, and it is made of breathable fabrics

The risk is higher for workers who

work outdoors, near hot machinery, perform physically demanding tasks, or have limited access to water

Signs of extreme hyperthermia



No sweating



Dry, hot, red skin



Dizziness & headache



Pinpoint pupils



Vomiting



Fainting

