

## The Theme for May 2019 is: Working in Hot Weather

### Your Health and Safety

### Our Environment

### Quality Requirements

Whilst being many people's favourite season providing longer daylight and warmer days, Summer also carries its own risks, including heat stress, sunburn and insect bites. Due to this, we must make sure that we are aware of the risks and the precautions we can take in and out of work to minimise the risk.

Arms and legs should be covered to prevent exposure to the sun and environmental hazards (insect bites, scrapes and scratches).

Sun cream should be applied regularly to exposed body parts.

Be mindful of your health. If you feel symptoms of heat stress, severe dehydration or sunburn, stop immediately and inform your Supervisor\*.

**KEEP YOURSELF HYDRATED!**

use window blinds (if available) to cut down on the heating effects of the sun.

Provide sun shelters on site to limit heat exposure.

In long dry periods use dust suppression methods to reduce the effect on the environment, equipment and worker health.

Open windows and procure (PAT Tested) fans where air-con isn't available - to increase air flow indoors.

Arrange for additional drinking water facilities.

Cover bins and organise frequent collection of waste skips to minimise the attraction of flies.

Apply Insect repellent to prevent bites. Avoid wearing yellow Hi-Viz jackets (opt for orange) to prevent flies and insects.

If stung / bitten, remove the stinger, wash the affected area. Avoid scratching the area to reduce risk of infection.

Upon discovering an insect nest, do not attempt to remove it. Barrier off the area and consult with an Environmental Advisor.

Monitor the weather forecast and where possible, reschedule high intensity activities to a cooler day.

Provide training for employees on the risks of heat stress associated with their work (incl. safe working practices, symptoms and emergency procedures).

Sudden rainstorms can occur during hot dry spells. Ensure silt protection measures are still in place and are sufficient in the event of heavy rain.

\*Symptoms of heat related illness include: Nausea, cramps, heat rash, fatigue, giddiness, headache, confusion, convulsions and loss of consciousness.