

Heat Awareness



We're coming in to the hottest season of the year. Let's take care of ourselves and our workmates by keeping safe and staying smart about the heat while we work!

What do I need to know about Heat Awareness?

Being heat aware means being sun smart and safe while working in the heat, and knowing when to take a break. Regular breaks reduce the potential of heat illness such as fatigue, heat stroke, and dehydration.

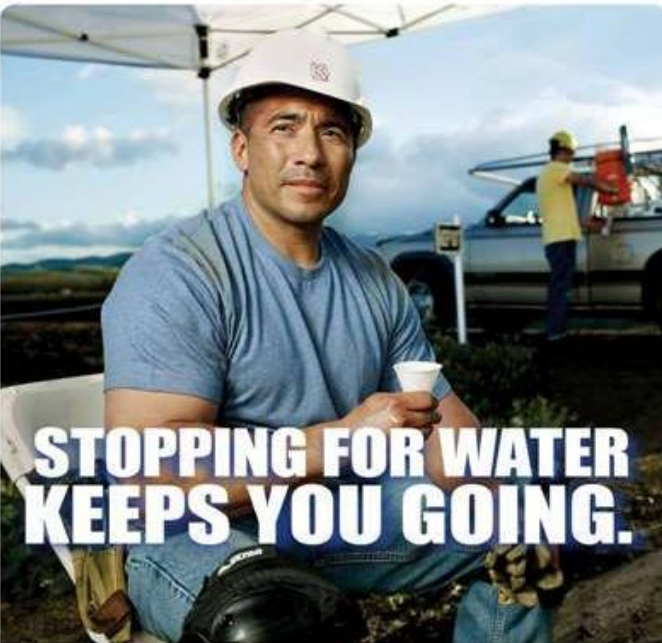
Who's most at risk?

Employees who work outdoors, or in outdoor areas such as:

- Workshops
- Municipal Officers
- Sport and Rec Officers
- Night Patrol Officers
- Pool Attendance
- Logistics Officers
- HMP Fencing Officers
- Animal Management
- Housing Officers



**SUN-PROTECTIVE EQUIPMENT
MUST BE WORN
ON SITE**



What steps should I take to reduce the chance of heat illness?

Be Sun Smart! - Wear sunscreen, a hat, protective clothing and drink plenty of water. Work in or put up shade when you can, take regular breaks and stay hydrated – even at night! And if you're indoors make sure your work area is well ventilated with windows open, fans on or air conditioning if possible.



Heat Awareness - Q & A

How can I stay safe in the heat?

There are many ways we can keep safe in the heat leading up to the wet season while we work. Ensuring we are drinking enough water, stopping work to take regular breaks, wearing lightly colored protective clothing and sunscreen are all good ways to keep protected from the heat and the sun. If possible, take breaks in shade/air conditioning.

What are the signs of heat illness?

Some people don't handle the heat as well as others, so if you see someone with or you feel the following symptoms it might be a sign of heat illness:

- *Feeling dizzy, or faint*
- *Sick in the stomach*
- *Headaches*
- *Blurred vision*
- *Red in the face, high body temperature*
- *Strange behavior - hallucinations, slurred speech, agitation, confusion*

Symptoms vary from person to person. If you think you are or a workmate is suffering from heat illness or heat stroke notify your supervisor immediately and apply the following first aid:

- *Seek immediate medical attention*
- *Move the person to a cool, shaded area and lay them down*
- *Remove excess clothing and apply cool water to victims body*
- *Give plenty of water to sip – stop if vomiting, and continue to pat down with cool water to reduce body temperature.*

How can I tell if I'm drinking enough water?

The average person should be drinking at least three liters of water a day. This amount is greater when the weather is hotter - the best way to monitor your water intake is to take notice of the color of your urine. RGRC has placed urine color charts throughout our offices to refer to. If you are drinking enough water, your urine should be clear or pale in color. Darker colored urine means you are not hydrated enough and you need to drink more water.

Tips to reduce the likelihood of a heat illness or heat stroke:

Pace yourself at work – *Adjust tasks and working hours to avoid working in the hottest part of the day, when the risk of heat illness is highest.*

Watch your electrolytes – *Mix up water with electrolyte drinks (e.g. Squincher), this helps to keep electrolytes up.*

Drink plenty of water – *Ensure at all times when travelling between jobs and while you're working there is always adequate water available.*

Slip Slop Slap – *Remember, always wear sunscreen, sun protective clothing and a hat!*