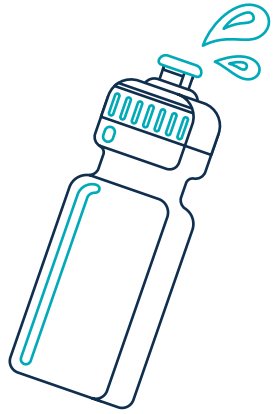


Working in heat

Tips for workers



Ways to stay safe



- ✓ Hydrate well before starting work.
- ✓ Drink at least 200ml of cool water every 15–20 minutes.
- ✓ Avoid caffeine, soft drinks and alcohol.
- ✓ Eat regular meals and snacks.



- ✓ Follow instructions and wear cooling clothing, if required.
- ✓ Wear a hat, sunglasses and sunscreen if working outdoors.



- ✓ Make sure you're fit and able to do the work.
- ✓ Tell your employer about any medical conditions that could make you vulnerable to heat.



- ✓ Take regular breaks, ideally somewhere air-conditioned or well-ventilated.
- ✓ Carry water and drinks in an esky with ice. Regularly dip a small towel into the icy water and apply to your face, neck and skin.



Call triple zero (000) and ask for an ambulance if anyone shows signs of heat stroke:

- Feeling faint
- Confused
- Can't drink
- Seizure
- Body temperature 40 °C

Read more <URL tbc>



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