

Working in hot weather

- Remember to Slip, Slop, Slap, Wrap
- Drink heaps of water
- Look out for signs of heat stress in your workmates



Working in hot weather

It's important to protect yourself from overheating and sunburn during the hotter months.

Be SunSmart – remember to Slip, Slop, Slap, Wrap

- **Slip** on a light, breathable, long-sleeved shirt, and **Slip** into shade as much as possible when working and resting.
- **Slop** water-resistant, broad-spectrum sunscreen (at least SPF 30) onto all uncovered skin. Put it on 20 minutes before you go out, and reapply at least every two hours.
- **Slap** on a helmet with a visor and neck flap.
- Wear **Wrap-around** sunnies – make sure they fit with your PPE needs.
- Get your skin checked by a doctor if you're worried about anything on your skin that looks unusual or has changed.

Drink heaps of water

- Carry a bottle of water with you all the time and aim to drink at least a litre every hour.
- Don't drink coffee or caffeinated drinks – or lots of alcohol the night before – because this will dehydrate you.
- Watch your pee – ideally it's a light yellow/pale straw colour, not dark yellow. If it's dark, you need to drink more water.

Look out for signs of heat stress

- You might not notice these symptoms in yourself so keep an eye on your workmates.
- Mild heat stress – watch out for heavy sweating, panting, fast and weak pulse, tiredness, fainting, nausea, headache, grumpiness, wonky vision.
 - » Stop work, rest, drink water, cool down immediately.
- Severe heat stress – watch out for really hot and dry skin, rapid and strong pulse, throbbing headache, dizziness, nausea, confusion, unconsciousness, diarrhoea, tingling and numbness in hands/feet.
 - » **Call 111 if you think someone has severe heat stress** – it's a medical emergency.