Work safely in the heat

Avoid heat illness

- Be aware of symptoms of heat illness
- Use barriers or reflective screens alongside heat sources
- Take breaks in shaded/cool places

- Acclimatise to hot environments
- Share the workload
- Drink water regularly
- Use shade protection, a hat and sunscreen

- Wear light clothing
- Use natural ventilation, fans, blowers or chillers
- Maintain a healthy lifestyle
- Keep an eye on your workmates