HEAT STRESS

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| **PCBU Address:** Lot 3, Redlynch Connector Road, Redlynch 4870  **Job Title:**  **Site Address:** | | | | **Date:**  **Page:** 1 of 2 **SWMS No:** 10 | | **New**  **Revised** |
| **Principal:** | | **Supervisor:** Ian Loccisano | | **Approved by:** Ian Loccisano | | |
| **Required Personal Protective Equipment:** Broad brim hat, appropriate clothing, sun burn lotion, drinking water | | | | | | |
| **TASK** | **POTENTIAL HAZARDS** | | **ACTION OR PROCEDURE** | | **RESPONSIBILITY** | |
| Working in hot environment | Heat stress | | Acclimatise personnel – increase workload and thermal burden from 50% to normal workload over one week for un-acclimatised persons | | Supervisor | |
| Provide shaded and ventilated work areas where practicable | | Supervisor | |
| Provide shaded and ventilated rest areas | | Supervisor | |
| Use suitable PPE (clothing, hat, sunglasses) | | All workers | |
| Use sunburn lotion | | All workers | |
| Provide suitable quantity of cool drinking water | | Supervisor | |
| Frequent drinks of 100-200ml of cool water every 30 minutes | | All workers | |
| Preferred drinks are cool water (9-12°), cold lemon tea or well diluted fruit juice | | All workers | |
| **TASK** | **POTENTIAL HAZARDS** | | **ACTION OR PROCEDURE** | | **RESPONSIBILITY** | |
| Working in hot environment | Heat stress | | Avoid alcohol, pure fruit juice, milk and carbonated drinks | | All workers | |
| If heat stress treatment is required, place patient in coolest available area, give cool water to drink and contact medical services if no rapid improvement | | All workers | |
| Daily periodical monitoring of workers for signs of heat stress | | Supervisor | |

Risk assessment based on all procedures being in place

**Risk Assessment Matrix**



**Likelihood:** Very unlikely **Consequences:** Minor **Risk score:** 7