

Managing the heat

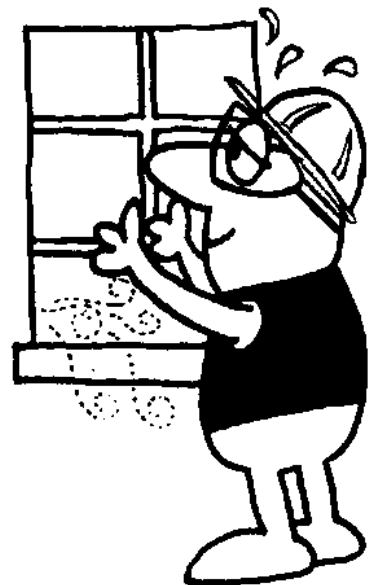
Working hard in very hot conditions isn't pleasant. But often it's necessary to get the job done.

Still, that's no reason to neglect some simple ways to beat the heat as much as possible.

So, if you have to work in really hot spot, you can be safe even if not comfortable.

Follow these sensible precautions:

- *Wear the lightest clothing that provides proper protection.*
- *Drink cool water frequently - even if you don't feel thirsty.*
- *Check there's enough air movement to allow adequate sweat evaporation.*
- *Use all available mechanical aids and pace the job to your own capacity - even when it's urgent.*



Otherwise you may add to any emergency by becoming a heat casualty yourself.

The Danger Signs of Heat Stress

If you feel ill, weak, dizzy or clumsy:

- interrupt heat stress exposure at once
- move to a cooler, breezier place,
- if possible, rest for a short period and
- have a drink of water.



In extreme cases or where heat stroke is suspected, get immediate medical attention.

Intermittent spraying by hose or shower and fan to evaporate can be used until medical attention arrives.

REMEMBERDrink plenty of cool water.



How Hot is Too Hot

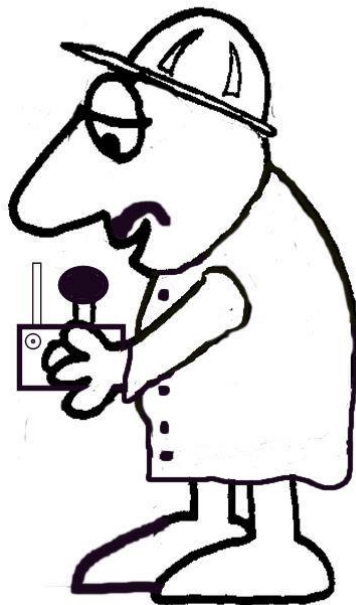
An ordinary thermometer isn't always a reliable guide, particularly when:

- *conditions are very humid*
- *very hard manual work must be done*
- *there is little air movement*
- *there is a lot of radiated heat.*

Sometimes work/rest times and other measures are needed for non-routine exposures.

This is usually where engineering controls are not practicable.

These should be assessed by a person trained in assessment of, and guidance on, heat stress.



Controlling the Heat

For routine activities, engineering controls are best. They include:

- *fans, air-conditioning,*
- *enclosures around hot and humid processes,*
- *simple baffles or screens against radiant heat.*
- *job rotation or more frequent rest breaks may be practical.*
- *Re-scheduling the job to a cooler time*
- *Where possible shift the piece of gear to be worked on to a cooler spot.*

Often the most sensible ideas come from the worker on the job.

So please discuss any ideas with your supervisor.

