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