

## Staying cool in the Heat

### Identifying heat illness hazards

The key risk factors that need to be taken into account are:

- Outside temperature / humidity
- Air movement or wind speed
- Workload (nature of the work and duration)
- Clothing (including protective clothing such as overalls, coveralls and suits worn during insecticide spraying).

### Preventing heat illness

The risk can also be minimised by modifying workload. This may include:

- Wearing light clothing that still provides adequate protection
- Reducing the time spent doing hot tasks (e.g. job rotation)
- Easy access to drinking water for all workers -During hot weather, workers should be encouraged to drink a cup of water (about 200 mL) every 15 to 20 minutes
- Arranging for more workers to do the job
- Providing extra rest breaks in a cool area
- Using mechanical aids to reduce physical exertion

### Related health and safety problems

Apart from heat illness, hot working conditions may either contribute to or cause other health and safety problems, for example:

- loss of grip while handling tools, objects and controls due to sweaty hands
- slips, trips and falls due to fainting or fatigue
- errors/mistakes due to heat fatigue
- not following safe work procedures or cutting corners due to fatigue and/or discomfort
- not using PPE due to discomfort
- burns from contact with hot surfaces or substances.

