

WORKING IN THE HEAT

Working in the heat can lead to heat-related illnesses and can cause death.



You have the right to **STOP WORK** if you are experiencing signs of heat-related illness, such as:

- dehydration
- heatstroke
- fainting
- heat rash
- heat cramps
- heat exhaustion

If you're concerned about your safety at work, contact your AWU Organiser directly if you have any questions or require assistance.



Your Employer has a legal obligation to ensure you are not exposed to excessive heat. Your employer must provide the following:

- Procedures for working in the heat. Procedures must be established with workers and/or HSRs. If you don't have a working in heat procedures at your workplace now is the time!
- Constant supplies of cool drinking water.
- Breaks to rest and cool off in the shade or airconditioned area.
- Loose fitting clothing and for outdoor workers like a wide brim hat, sunglasses and sunscreen.
- Time to adjust to working in the heat by gradually increasing workload and heat exposure.
- Training and education for recognising symptoms of heat exhaustion and heat stress and seeking medical help quickly.

