## 6.20 Working in the Heat

**Exposing the body to intense heat for extended periods of time can result in a number of potentially serious health risks. Heat Illness covers a range of medical conditions that may arise when the body is unable to properly cope with working in the heat. These conditions include:**

* **heat stroke – life threatening condition that requires immediate first aid and medical attention**
* **fainting**
* **heat exhaustion**
* **heat cramps**
* **rashes (also called prickly heat)**
* **heat fatigue**
* **worsening of pre-existing illnesses and conditions**

### 6.20.1 Training

All SEEDS employees will be provided with information and informal training from the Site Supervisor on working in the heat for the worksite.

### 6.20.2 Worksite Methodology

**The Occupational Health & Safety Act 2004 requires employers to provide and maintain, so far as reasonably practical, a working environment that is safe and without risks to health and safety, including illness from working in heat.**

**Preventative measures currently in place to ensure employees are not subjected to extensive periods of extreme heat include:**

* **all employees are provided with appropriate protective clothing, long arms and legs, hats, safety/sun glasses and sunscreen**
* **Start early- finish early**
* **Where possible work is scheduled to be undertaken where there is adequate shade and any work to be completed in open areas is done so early in the morning before it gets too hot.**
* **Regular breaks to cool down and hydrate are encouraged (a cup or 200ml every 15-20 mins).**
* **Personal choice to finish early if it is too uncomfortable or there is limited access to shade**
* **Regular communication between Team Leaders, staff and employers to ensure comfort levels are not exceeded.**
* **Provide information and training on recognising heat related illness/symptoms and appropriate first aid treatment.**