

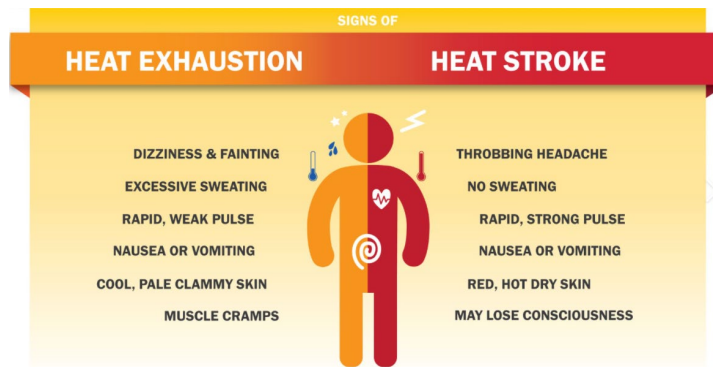
Target audience

This advice is for Sydney Trains' workers, including contractors, who may be affected by working in heat.

The Issue

During summer, the dangers of working outside during hot weather increases. Knowing how to work safely in hot weather can help prevent heat stress injuries and heat stroke.

If the body has to work too hard to keep cool, it overheats and a worker is exposed to heat-related illness. 'Heat-related illness' is a term that describes a range of progressive heat-related conditions, such as dehydration, fainting, heat rash, heat cramps, heat exhaustion, and heat stroke. Heat stroke can cause death or permanent disability if emergency treatment is not provided. Other heat-related disorders include heat exhaustion, heat cramps and heat rash (Source: [SafeWork NSW](#)).



What you must do

It is important that we take a closer look at hot weather safety tips and advice and therefore recommend that you take the following steps to prevent heat related stress:

- Notify your Line Manager if you start experiencing symptoms of heat stress.
- Hydrate before you work and during the day. Drink plenty of fluids; approximately 220-250ml every 15 to 20 minutes.
- Avoid dehydrating liquids such as coffee, tea and caffeinated soft drinks can hurt more than help.
- Wear sun protection and protective clothing. Lightweight, light-coloured and loose-fitting clothing helps protect against heat. Change clothing if it gets completely saturated.
- Pace yourself. Slow down and work at an even pace. Know your own limits and ability to work safely.
- Schedule breaks. Take time for rest periods and water breaks in a shaded or air conditioned area.
- Plan tasks to minimise exposure to hot environments.
- Avoid getting sunburn. Use sunscreen and wear a hat if working outside.
- Be alert to signs of heat-related illness. Know what to look for and check on other workers that might be at high risk.
- Avoid direct sun. Find shade or block out the sun if possible.
- Eat smaller meals. Eat fruits high in fibre and natural juice. Avoid high protein foods.
- An [Extreme Heat poster](#) can be downloaded from the SEQR SharePoint Hub [Safety Posters Page](#).
- Refer to the Safety Advice Notice relating to [Bushfire Smoke](#) for further information if exposed to smoke while working indoors or outdoors during periods of significant bushfire activity;
- **If a person becomes unresponsive, confused or disoriented in the heat, they should receive URGENT MEDICAL ATTENTION.**

If you are not confident of working safely in extreme heat, please reach out for advice and contact your Line Manager or Safety, Environment, Quality and Risk (SEQR) professionals and advisors if you have any questions.



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