

HEAT SAFETY PLAN

A PRACTICAL 8-STEP PLAN TO PROTECT YOUR PEOPLE



Extreme heat is a serious workplace risk.
Plan ahead. Stay safe.



Reduce the risk of heat illness, injuries and downtime.
Protect people.








Build a strong safety culture and improve performance.



Assess. Plan. Act. Review.
Make heat safety part of everyday safety.

1		<p>ASSESS THE RISK</p> <p>Identify heat-related hazards and who may be at risk.</p>	<ul style="list-style-type: none"> Review tasks, locations and working conditions Consider vulnerable workers and health factors Use weather forecasts and heat alerts Update risk assessments for hot weather
2		<p>PLAN CONTROLS</p> <p>Implement practical measures to reduce heat risk.</p>	<ul style="list-style-type: none"> Adjust work schedules (start earlier, avoid peak heat) Increase rest breaks and enforce hydration Provide shade, ventilation or cooling solutions Rotate tasks and reduce physical strain Review and adjust PPE requirements
3		<p>PROVIDE RESOURCES</p> <p>Ensure workers have what they need to stay safe.</p>	<ul style="list-style-type: none"> Provide easy access to cool drinking water Ensure shaded or cooled rest areas are available Supply sun protection (sunscreen, hats, UV clothing) Make first aid and cooling equipment available
4		<p>INFORM & TRAIN</p> <p>Make sure everyone understands the risks and controls.</p>	<ul style="list-style-type: none"> Deliver heat awareness training Share signs, symptoms and what to do Communicate plans clearly before heatwaves Encourage workers to look out for each other
5		<p>MONITOR CONDITIONS</p> <p>Keep track of the environment and your people.</p>	<ul style="list-style-type: none"> Monitor temperature and humidity Watch for signs of heat stress Check in on vulnerable or high-risk workers Use digital tools to track and report issues
6		<p>RECOGNISE HEAT ILLNESS</p> <p>Know the warning signs and act quickly.</p>	<ul style="list-style-type: none"> Heat Exhaustion: heavy sweating, dizziness, nausea, headache, weakness, cramps Heat Stroke: confusion, hot dry skin, seizures, loss of consciousness, temp > 40°C
7		<p>RESPOND & TREAT</p> <p>Act fast – it could save a life.</p>	<ul style="list-style-type: none"> Move to a cool area Give water and loosen clothing Cool the person (wet towels, ice packs) Call emergency services if symptoms are severe
8		<p>REVIEW & IMPROVE</p> <p>Learn from experience and keep improving.</p>	<ul style="list-style-type: none"> Review what worked and what didn't Update plans, risk assessments and controls Capture feedback from your team Strengthen your heat safety culture

EVERYDAY REMINDERS

-  Hydrate regularly
-  Take regular breaks
-  Wear light, breathable clothing
-  Protect skin from the sun
-  Look out for each other

SIGNS OF HEAT STRESS

HEAT EXHAUSTION

- Heavy sweating
- Dizziness
- Nausea
- Headache
- Weakness
- Muscle cramps

HEAT STROKE (MEDICAL EMERGENCY)

- Confusion
- Loss of consciousness
- Hot, dry skin
- Seizures
- Temp above 40°C

EMERGENCY ACTION

-  CALL 999 IMMEDIATELY
-  COOL THE PERSON
-  STAY WITH THEM UNTIL HELP ARRIVES

