Heat Stress

Be Aware, Stay Hydrated, Keep Cool

1. **BE PREPARED**
   Check the weather, plan your work and know where shade and cooling options are.

2. **DRINK WATER**
   Drink water regularly throughout the shift — don't wait until you feel thirsty.

3. **RECOGNISE SIGNS**
   Look for early signs of heat stress such as headache, dizziness, nausea, excessive sweating or tiredness.

4. **STOP AND COOL DOWN**
   If you feel unwell or notice symptoms in a workmate, stop work, move to a cooler area and tell your Supervisor.



Before You Start...

- Check the weather conditions and today's work plan.
- Have your water, shade and cooling options ready.
- Know the signs of heat stress and look out for your workmates.
- If you feel unwell, stop work and tell your Supervisor.

Hydrate — Rest — Keep Cool — Look After Yourself and Your Workmates.