





TIPS FOR Extreme heat

If the maximum temperature at a particular town is expected to meet or exceed 5°C above the average maximum temperature of "the hottest month" for that particular place, as well as persisting in that mode for 3 days or more, then a heat wave may be declared.

Risk-assessments to include extreme measures such as heatwaves



Water breaks with easy access to water

Adjust working hours



TIPS FOR EXTREME HEAT



Employees to protect themselves by wearing hats, sunscreen lotions and cool clothing

Training to all employees and H&S representatives

Employees must communicate any early symptoms of heatstroke

SYMPTOMS



light-headedness



Flushed or reddened skin



Altered mental state such as confusion, agitation, irritability, disorientation, delirium



Altered behavior such as slurred speech, staggering



Nausea and/or vomiting



Rapid or fast breathing and heartbeat



Seizures, coma



Alteration in sweat leading to dry skin