

Keeping comfortable in hot weather

Here are some things you can do to make your workplace temperature more comfortable:

- ✓ **Stay hydrated:** Drink plenty of water regularly and avoid caffeinated or sugary drinks. Drinking fluids regularly can reduce the risk of dehydration. You should drink enough during the day, so your pee is a pale clear colour.
- ✓ **Take regular breaks:** Utilise rest areas in cooler locations, especially when working outdoors or in strenuous conditions.
- ✓ **Adjust clothing:** Remove layers of clothing when possible and opt for breathable fabrics to help regulate body temperature, but make sure personal protective equipment is used where required.
- ✓ **Keep cool:** Use fans or other cooling devices, open windows to keep air circulating, and seek out shaded areas to reduce direct sun exposure.
- ✓ **PPE:** Continue to wear PPE correctly despite workplace temperatures. Do not endanger yourself by undoing fasteners to increase air movement into clothing. You can remove PPE immediately after it is required, to prevent any heat retained in your clothing from continuing to heat you. Where necessary, allow it to dry out, or replace it, before using PPE again.
- ✓ **Recognise symptoms:** Be alert to signs of heat-related illness (heat stress). Know what to look for and look out for others working with you.
Signs include; tiredness, dizziness, headache, feeling or being sick, excessive sweating, cramps in the arms, legs and stomach, fast breathing and pulse, a high temperature, and being very thirsty.
- ✓ **Communicate:** If you or a colleague are feeling unwell, or showing any symptoms of heat stress, inform a supervisor or colleague and seek help.
- ✓ **Be aware:** Higher temperatures can lead to an increase in Violence and Aggression. This is because elevated temperatures can cause discomfort and negative affect, leading to aggressive responses. Warmer weather can also lead to an increase in alcohol consumption especially in outdoor areas and open spaces.

Sun safety - Make sure you:

- ✓ spend time in the shade between 11am and 3pm.
- ✓ never burn.
- ✓ cover up with suitable clothing and sunglasses.
- ✓ use a sun protection factor (SPF) of at least 30 to protect against UVB, at least 4-star UVA protection.

Assessing the risks of workplace temperature

Your manager will already be assessing the risks, talking to workers and agreeing control measures to protect you. Make sure you follow your work activity risk assessment and safe system of work.

Talk to your manager or supervisor if the workplace temperature is not comfortable or if you have any health conditions which might affect you in the heat.