



SAFE OVER SUMMER

Heat Stress & Hydration

Working outdoors and in hot climate

Working outdoors exposes us to direct sunlight and high temperatures, which can quickly lead to heat stress. This occurs when the body cannot regulate its internal temperature effectively, leading to conditions such as heat exhaustion and heat stroke — both of which can be serious or even fatal.

Even on mild days, radiant heat, heavy PPE, or physical exertion can increase body temperature.

Primary Risks & Hazards to Spot

- Working outdoors in direct sun.
- Performing high-exertion tasks.
- Limited access to shade or insufficient breaks.
- Dehydration from inadequate fluid intake.

Downer



Discuss / Share:

When have you felt the early signs of heat stress?
What signs should you look for in your workmates?



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Critical Controls

- Hydrate regularly: drink small amounts of water frequently (approx. 1 cup every 15–20 minutes).
- Plan work for cooler times of day where possible.
- Provide shade for breaks and job setup areas.
- Encourage buddy checks: watch for symptoms in yourself and others.
- Report symptoms immediately and move affected workers to a cool area.



Discuss / Share:

Do you have enough access to cool drinking water?