SAFE OVER SUMMER

Heat Stress and Hydration

Working indoors

Even when working indoors, heat stress can still develop particularly in enclosed, poorly ventilated, or high-temperature areas like workshops or plant rooms. Without direct sunlight, the risk often comes from ambient heat, machinery, poor airflow, and PPE that traps body heat. Heat stress indoors can reduce concentration, increase fatigue, and lead to serious medical issues such as heat exhaustion or heat stroke.

Primary Risks & Hazards to Spot

- Enclosed areas with limited ventilation (boiler rooms, switch rooms, plant areas).
- Work near heat-producing equipment (ovens, dryers, furnaces, compressors, welding).
- Limited access to shade or insufficient break.
- Dehydration from inadequate fluid intake.

Discuss / Share:

Which areas on site feel hottest or most uncomfortable during shift?

What signs should you look for in you workmates?

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Critical Controls

• Hydrate regularly: drink small amounts of water frequently (approx. 1 cup every 15–20 minutes).
• Increase ventilation: use fans, open doors, or ensure mechanical exhaust is functioning.
• Schedule rest breaks in cooler or air-conditioned areas.
• Reduce or rotate tasks near heat sources.
• Monitor room temperature and humidity levels during hot days.

Discuss / Share:

Do we have enough access to cool drinking water?