Heat Stress and Hydration

Indoor heat, poor airflow, physical effort and PPE can prevent the body from cooling. Heat stress reduces concentration, increases fatigue and can cause heat exhaustion or heat stroke.

Hot indoor work can cause serious heat illness. Hydration and cooling breaks matter.

Primary Risks & Hazards to Spot



- **Poor airflow in enclosed areas**
- **Limited cool rest areas**



- **Heat from ovens, compressors, dryers or welding**
- **High physical exertion in hot indoor spaces**



- **Too little water**
- **PPE or clothing trapping heat**

Social Infrastructure & Citizen Services

Where might this happen in our work environment?

SAFE OVER SUMMER



Plant and boiler rooms: Poor airflow and heat from equipment can make enclosed rooms hot.



Workshops: Welding, ovens, compressors or dryers can add heat during physical work.



Ceilings and mechanical spaces: Limited airflow, physical effort and PPE can prevent the body from cooling.

Where else?

Which areas feel hottest or most uncomfortable during your shift?

What can we check to protect?

1. **Are we hydrated and cooling?**
   Drink water frequently. Take regular breaks in cool or air-conditioned areas. Wear appropriate clothing and PPE that allows cooling.
2. **Can we reduce the heat?**
   Use fans, open doors or mechanical exhaust. Monitor temperature and humidity in hot work areas.
3. **Can we limit heat exposure?**
   Reduce, rotate or limit time spent near heat sources.

What will you do today to reduce heat stress in your work area?

Social Infrastructure & Citizen Services

Your safety comes first

The SI&CS Health, Safety and Wellbeing Team is here to help.

You don’t have to work through a safety concern alone.

Ask for support when:

You’re unsure

We can help you understand a hazard and discuss a safer way to work.

Something happens

We can help with hazard, incident and near-miss reporting and next steps.

You need support

We can work with you and your supervisor or manager to address health, safety and wellbeing concerns.

Do you know who is your HSW Business Partner?

Stop if the work is unsafe

Pause the task and move to a safe place. Speak up if something feels unsafe or you are unsure.

Notify your supervisor or manager

Report hazards, incidents and near misses promptly, even if no one is hurt. Explain what happened, where it is and who may be at risk.

Do not continue unsafe work

Keep the task stopped until the risk is addressed and your supervisor or manager confirms a safe way forward. Ask for help if you are unsure.