Heat Stress & Hydration Outdoors

Outdoor work exposes us to sunlight and high temperatures. Heat stress can lead to heat exhaustion or heat stroke and can be life-threatening.

Outdoor heat stress can happen even in mild weather. Heavy PPE, humidity and hard work increase the risk.

Primary Risks & Hazards to Spot



- **Direct sun and radiant heat**
- **High humidity**



- **High-exertion tasks**
- **Heavy PPE**



- **Limited shade or breaks**
- **Too little water**

Where might this happen in our work environment?



Outdoor work: direct sun and high temperatures expose workers to heat stress.



High-exertion tasks: physically demanding work raises body temperature, especially in high humidity.



Outdoor cleaning in PPE: protective clothing and radiant heat can increase the risk, even in mild weather.

Where else?

Where else could heat stress affect our outdoor work?

What can we check to protect?

1 Are we drinking regularly?
Drink small amounts often, about 1 cup every 15–20 minutes. Wear appropriate clothing and PPE.

2 Can we reduce heat exposure?
Schedule work in cooler parts of the day.
Use shaded areas for breaks and work setup.

3 Are we checking each other?
Conduct buddy checks for heat stress.
Report symptoms immediately and move affected workers to a cool area.

Which heat stress control will you use outdoors today, and what could make it difficult?

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.