

# GET ACTIVE



<b>CHECK WHAT YOU HAVE FOR WORKING IN HOT WEATHER</b>		
<b>YOUR WORK ENVIRONMENT</b>	<b>YES</b>	<b>NO</b>
Is your workplace temperature range between 19°C to 30°C?		
Are you checking weather forecasts when hot conditions are expected?		
Is the heat temperature measured regularly when the temperature exceeds 29°Celsius?		
Do you have high humidity levels (above 40 -60%) generated by machinery?		
Are you using a digital dry bulb, wet bulb thermometer to measure temperature, air movement and humidity levels?		
<b>CONTROL THE WORK ENVIRONMENT</b>	<b>YES</b>	<b>NO</b>
Are you able to lower working temperatures?		
Do you have air conditioning?		
Do you have & /or air circulating fans?		
Do you have insulation on roofs & walls?		
Do you have insulation around machinery such as, ovens, furnaces?		
Do you have insulated barriers between hotter & cooler parts of the workplace?		
Do you have exhaust ducts for venting hot air outside from the work place?		
<b>OUTDOOR WORK ENVIRONMENT</b>	<b>YES</b>	<b>NO</b>
Is suitable protective clothing provided when working in outdoor working environments?		
Are workers provided with a Hat? Sunglasses? Sun cream?		
Are workers provided with work vehicles that are air-conditioned?		
<b>WORK ENVIRONMENT – DRINKING WATER</b>	<b>YES</b>	<b>NO</b>
Is there a readily accessible supply of cooled, clean & palatable drinking water?		
<b>WORK ENVIRONMENT – LUNCH ROOM &amp; FIRST AID</b>	<b>YES</b>	<b>NO</b>
Do you have a cool, comfortable lunch & /or rest room & first aid room between 18 -26°C?		
<b>ADMINISTRATIVE WORK CONTROLS</b>	<b>YES</b>	<b>NO</b>
Are tasks rotated that require long periods of standing with tasks performed while seated?		
Are workers rotated between “hotter” & “cooler” tasks?		
Is harder physical work rescheduled to the cooler part of the day?		
Are work rates & /or work pace reduced in hot weather conditions?		
Is hot plant (e.g. ovens) rostered to run at the cooler parts of the day?		

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<b>WORK ENVIRONMENT – HEAT STRESS SYMPTOMS FOR MEMBERS</b>	<b>YES</b>	<b>NO</b>
Does the worker feel discomfort or ill from working in heat?		
Do they have heat cramps – (muscle spasms)?		
Do they feel – clammy, weakness, tiredness, nausea; giddiness, faint? (heat exhaustion)		
Do they have– hot, dry skin, rising body temperature, headache, moist skin? (heat stroke)		
Do they have heat rash – over the arms, shoulders, chest, body creases, behind the knees?		
Are they– feeling thirsty, have cramps? (dehydrated)		
<b>REST BREAKS FOR THE WORK ENVIRONMENT</b>	<b>YES</b>	<b>NO</b>
Do you have regular rest breaks in addition to meal breaks?		
The following are ACTU recommended rest breaks for working in hot weather. Consider local conditions and climatic variations for each state as well as specific risk factors, industries, working conditions or circumstances.		
<b>ACTU RECOMMENDED REST BREAKS FOR WORKING IN HOT WEATHER AROUND AUSTRALIA</b>	<b>YES</b>	<b>NO</b>
<b>Southern Areas</b>		
Do you have paid rest breaks within each hour when the temperature reaches and/or exceeds..		
10 minutes - 30 - 32° C		
20 minutes - 32 - 34° C		
30 minutes - 34 - 36° C		
CEASE WORKING -36° C and over		
<b>Northern Areas</b>		
Do you have paid rest breaks within each hour when the temperature reaches and/or exceeds...		
10 minutes - 32 - 34° C		
20 minutes - 34 - 36° C		
30 minutes - 36 - 38° C		
CEASE WORKING - 38° C and over		