



# NATIONAL OHS ALERT



## HOT WEATHER - STAY SAFE AND KNOW YOUR RIGHTS

As we progress through the summer - remember CFMEU EBAs include heat policies.

Depending on your location your EBA will state a temperature at which work can stop. This is between 35 - 37 degrees. Check your EBA, ask your OHS rep or call the union to confirm your heat policy.

In addition to stopping work in high temperatures, employers should supply sun screen; cool, clear drinking water; air conditioned site sheds; hard hat brims and sunglasses where required.

There are also steps workers can take to stay safe in the heat. These include:

- Drink 100-200ml of water regularly. Don't allow yourself to become thirsty.
- Avoid alcohol, coffee, tea and caffeinated soft drinks as these dehydrate you.
- Wear light coloured, loose clothing made of natural fibres where possible.
- Take regular breaks in a cool place.
- Monitor your physical condition and that of co-workers.

Be aware of signs and symptoms of heat stress: feeling sick, dizzy or weak; clumsiness or collapsing; cramps or muscle spasms; hot skin or rapidly rising body temperature.

If you or a work mate is experiencing any signs or symptoms of heat stress, please seek medical attention immediately.

Stay cool, and stay safe.