

Environmental and Occupational Health &amp; Safety Unit

# OHS ALERT

## 35°C: THAT'S ENOUGH!

**CFMEU EBAs state that workers will stop work and leave site when the temperature reaches 35 degrees.**

The temperature is measured at the nearest Bureau of Meteorology weather station to the work site. For info see: [www.bom.gov.au/vic/](http://www.bom.gov.au/vic/)

### Take Action: Below 35°

OHS reps should not wait until the temperature reaches 35° to act.

The EBA states that when the temperature is expected to reach 35°, OHS Reps and management will confer on ways to minimise heat risks.

The agreement also states that at temperatures below 35°C, workers are to be relocated out of direct sunlight where the work environment creates a serious risk to their health and safety.

### Serious risks could include:

- Radiant heat from particular surfaces like bondeck, roofing etc.
- Sun glare
- The type of work being performed.

### Employers must provide:

- Sun screen
- Cool clear drinking water
- Air-conditioned site sheds
- Hard hat brims
- Sunglasses where required

### Healthy Work Tips for Hot Weather

- Drink 100-200ml of water at regular intervals, do not allow yourself to become thirsty
- Avoid drinking coffee, tea, alcohol and caffeinated soft drinks
- Wear light coloured, loose clothing made of natural fibres wherever possible



- Take regular breaks in a cool place.
- Monitor your physical condition and that of your co-workers.

### What does heat stress look like?

- Signs and symptoms of heat illness include:
- Feeling sick, nauseous, dizzy or weak
- Clumsiness, collapse and convulsions
- Cramps and muscle spasms
- Hot, dry skin; rapidly rising body temperature

**Employees with these signs or symptoms need to seek immediate medical attention.**

*Safety is union business.*

**STAND UP. SPEAK OUT. COME HOME.**