

Working Safely in The Heat



1. Drink Water

Always drink water before work each day.



5. Take Breaks

When working in the heat, take regular breaks.



2. Drink 2 L of Water

Always drink at least 2 litres of water every 2-3 hours during work.



6. Get Plenty of Sleep

Always get plenty of sleep at night. 6-8 hours is ideal.



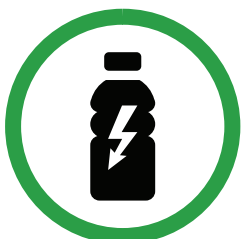
3. Check Urine

Check urine colour - it should be pale yellow. If it isn't, you need to drink more water.



7. Eat Fruit & Vegetables

You should eat a good mixture of fruits and vegetables each day.



4. Electrolyte Replacement

Drink water / electrolyte.



8. If Unwell

If you are feeling unwell, stop work immediately. Inform your supervisor and colleagues.