



PROTECTING WORKERS FROM HEAT STRESS

- 1 Ensure that all workers are adequately acclimatized to the hot weather / working conditions.
- 2 Re-schedule heavy outdoor physical work under the sun to the cooler parts of the day as reasonably practicable.
- 3 Perform a risk assessment that addresses working in a hot environment and work activities which produce excessive heat.
- 4 Provide flexible rest breaks away from heat.
- 5 Always provide workers with adequate cool drinking water at convenient and accessible locations.
- 6 Educate by encouraging workers to keep themselves hydrated, recognise the early symptoms of heat-related disorders and understand the risks and control measures.
- 7 Provide emergency preparedness plans and recovery measures for workers suspected of suffering from the effect of heat.
- 8 Ensure appointed first aiders in the workplace are prepared to give first aid if necessary.
- 9 Encourage workers to wear loose-fitting and light-coloured clothing.
- 10 Provide adequate ventilation for workers who are working in hot indoor environments.



Employers and medical practitioners are reminded to report work-related heat stroke cases (after a diagnosis by a medical practitioner) to SHENA by clicking "Report an Incident" button on SHENA website, www.shena.gov.bn