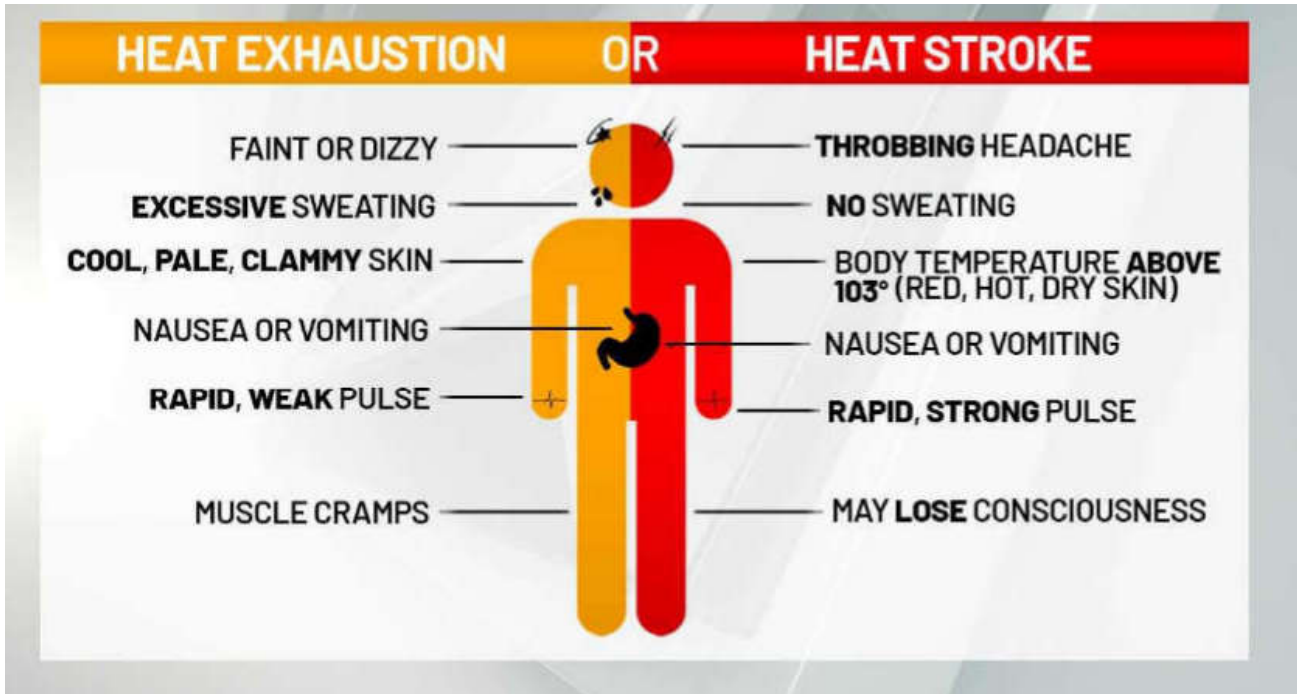


HEATWAVE 2024

Heat exhaustion // Heat Stroke



- Take regular breaks from the heat – ensure more breaks are allowed in the working day
- Drink cold fluids
- Where possible remove items of PPE during rest breaks to encourage heat loss
- Be aware of early symptoms of Heat stress as above.
- If feeling unwell, rest for 30 minutes in a cool place. Drink water. If symptoms start to worsen after 30 minutes, then **Seek medical assistance**
- Apply a high factor sunscreen and wear sunglasses
- Look out for one another. If a colleague looks to be struggling, ask if they are ok and take them into shade to rest.