

# ◀ HEALTH & SAFETY ALERT ▶



## Heat in the workplace

The following informs you on how heat can have a bad effect on you and the best ways to keep as cool as possible.

Heat stress is created by a combination of the body heat generated whilst working, the surrounding environment (air temperature, hot surfaces) and your working clothes. Collectively, these three issues could potentially overwhelm the body's ability to deal with heat. Other ways heat can affect you are

- Increased irritability
- Loss of concentration
- Loss of efficiency in mental tasks
- Fatigue and threat of exhaustion



Tasks such as Manual Handling becomes more difficult as you generate more heat which leads to excessive sweating, also DSE equipment produces hot air which could cause you to feel tired or drowsy.

However, there are ways of tackling the heat/humidity and here are a few examples:

- **Keep well hydrated** – drinking cold drinks helps the body cool down and water in particular, improves concentration.
- **Take Breaks**– When taking breaks, take them away from the hot areas as this will keep your body heat to a minimum and help you through your working day.
- **Cool clothing** – Use appropriate PPE that will not generate additional heat. If you are office based, wearing ties and suit jackets isn't a great idea in hot environments; think about how these items of clothing will affect how you work and how you feel.
- **Wear Sun- screen** – As an added health precaution, wear an appropriate sun screen which will act as a filter to sunlight so that it doesn't reach the deeper layers of your skin and cause damage and ill-health.



**Stay cool and keep safe**