

Heat, sun and hydration - worker quick guide

Heat risk depends on the work, humidity, direct heat, protective clothing and whether you are used to the climate. The forecast temperature alone is not the whole answer.

- Ask your supervisor to explain today's heat arrangements before you start. Follow the planned breaks, task changes and any stop-work direction.
- Drink regularly and use the cool drinking water provided where the work is happening.
- Use shade at breaks and the sun protection provided for your task.
- Tell the supervisor promptly if you feel unwell or the conditions are worse than the plan allowed for.
- Take particular care when you are newly arrived or returning after time away from hot conditions.

If someone is confused, staggers or collapses, call 000 and get first aid immediately. Do not leave a seriously unwell person alone.

Read the full company heat-response plan with your supervisor. Stop and ask for help if continuing would put you or someone else at serious risk.

English quick reference prepared 10 October 2026. Read the current source documents and follow the instructions explained for your placement.

Source documents

- Health & Safety Manual chapter 20, clauses 20.3-20.11