

Environmental and Occupational Health & Safety Unit

OHS ALERT

35°C: THAT'S ENOUGH!

CFMEU EBAs state that workers will stop work and leave site when the temperature reaches 35 degrees.

The temperature is measured at the nearest Bureau of Meteorology weather station to the work site. For info see: www.bom.gov.au/vic/

Take Action: Below 35°

OHS reps should not wait until the temperature reaches 35° to act.

The EBA states that when the temperature is expected to reach 35°, OHS Reps and management will confer on ways to minimise heat risks.

The agreement also states that at temperatures below 35°C, workers are to be relocated out of direct sunlight where the work environment creates a serious risk to their health and safety.

Serious risks could include:

- Radiant heat from particular surfaces like bondeck, roofing etc.
- Sun glare
- The type of work being performed.

Employers must provide:

- Sun screen
- Cool clear drinking water
- Air-conditioned site sheds
- Hard hat brims
- Sunglasses where required

Healthy Work Tips for Hot Weather

- Drink 100-200ml of water at regular intervals, do not allow yourself to become thirsty
- Avoid drinking coffee, tea, alcohol and caffeinated soft drinks
- Wear light coloured, loose clothing made of natural fibres wherever possible



- Take regular breaks in a cool place.
- Monitor your physical condition and that of your co-workers.

What does heat stress look like?

- Signs and symptoms of heat illness include:
- Feeling sick, nauseous, dizzy or weak
- Clumsiness, collapse and convulsions
- Cramps and muscle spasms
- Hot, dry skin; rapidly rising body temperature

Employees with these signs or symptoms need to seek immediate medical attention.

Safety is union business.

STAND UP. SPEAK OUT. COME HOME.