

COMPLETE GUIDE

ON HOW TO

PROTECT WORKERS IN A HOT ENVIRONMENT

- **Make workers aware about the dangers** of working in a hot environment.
- Educate workers to know how to **spot signs of heat-related illnesses**.
- Keep workers **aware of weather and work conditions** with increased risk.
- Provide cool beverages and advise workers to **avoid dehydration by drinking lots of fluids** during their shift.
- Educate workers about the **possible effects of medications and comorbid diseases** when exposed to heat for long periods of time.
- **Start small but gradually increase** the time of exposure to heat over several days to slowly acclimatize workers to the hot environment.
- Let workers **work in pairs** or groups (buddy system).
- As much as possible, **schedule work on the coolest** part of the day.
- Regularly **monitor weather conditions**. High humidity or poor air quality may increase the risk of working outside. If the conditions are hazardous, it's best to cancel non-essential work such as repairs and maintenance.
- Make sure workers have **proper, air-conditioned shelters** to stay in during breaks.
- Assign workers with health conditions or medications to duties that **minimize risk** of heat-induced diseases.
- Ensure your workers have a **means of communication** during emergency situations.
- Provide **enough shade to cover the worksite** to minimize prolonged exposure to direct or reflected sunlight.
- Allow workers to do work at their own pace. Be sure workers **take regular breaks** to cool off.
- Stress the importance of protecting the skin from heat. Advise them to **wear proper clothes and sunblock**.
- **Provide a sweat barrier** for those operating critical machinery to prevent sweat from getting into their eyes or affect their hands.
- Provide workers with **head covering**.
- Advise workers to avoid wearing semi-permeable or impermeable clothing to **reduce the risk of heat stress**.
- Encourage workers to **wear lightweight and light-colored clothes** because these garments and fabrics don't trap heat.
- **Monitor workers at all times** and watch out for signs of heat stress, exhaustion, or excessive fatigue.



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