

Tool Box Talk

Working in Hot Weather

With rising summer temperatures in the UK, it's important for workers and managers to be aware of the health and safety risks associated with working in hot weather. This toolbox talk outlines key precautions and good practices to follow on-site to keep everyone safe and productive.

Hazards of Hot Weather

- Dehydration and heat exhaustion
- Heat stroke, which can be life-threatening
- Reduced concentration, increasing the risk of accidents
- Sunburn and long-term skin damage
- Slippery hands due to sweat – increasing tool handling risks

Good Practices for Employers and Site Managers

- ☒ Provide easy access to fresh drinking water at all times.
- ☒ Allow regular rest breaks in shaded or cool areas.
- ☒ Schedule heavy or physically demanding work for cooler parts of the day (early morning or late afternoon).
- ☒ Encourage workers to wear lightweight, light-coloured, breathable clothing and suitable sun protection (e.g., hats, sunscreen).
- ☒ Ensure all workers are trained to recognise signs of heat stress and know how to respond.
- ☒ Monitor the weather forecast and plan work accordingly.

Know the Signs of Heat Stress and Heat Stroke

- ⚠ Headache, dizziness, or fainting
- ⚠ Excessive sweating followed by dry skin
- ⚠ Muscle cramps or weakness
- ⚠ Nausea or vomiting
- ⚠ Rapid heartbeat and confusion

Final Reminder

Hot weather can creep up on you quickly. Staying hydrated, taking breaks, and being sun-smart helps prevent serious incidents. Keep an eye on each other and speak up if someone seems unwell. For help with a hot weather working policy, get in touch with CS Risk Solutions Ltd on office@csriskolutions.co.uk