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| --- | --- |
| **Site / Area:** |  |
| **Date:** |  |
| **Person/s Undertaking:** |  |

This Checklist can be used by site managers/supervisors to support implementing mitigating strategies regarding potential heat stress induced related risks whilst onsite and throughout seasonal based activities.

| **Category** | **Control Options** | **Tick To Be Implemented** |
| --- | --- | --- |
| **General/Admin** | * Conduct a basic thermal risk assessment (BTRA) for the job
* Staff fit for work and reminders given during daily pre-start meetings
* Provision of ice chests, eskies, or powered fridges with cool drinking water and hydrolyte options available
* Adequate first aid provisions available onsite
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| **Engineering** | * Increasing air movement using fans
* Installing shade cloth to reduce radiant heat from the sun
* Installing air conditioners or coolers to reduce air temperature
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| **Work Arrangements** | * Rescheduling work so the hot tasks are performed during the cooler part of the day or in the cooler times of the year
* Reducing the time an individual spends doing the hot tasks e.g. job rotation
* Arranging for more workers to do the job
* Providing additional rest breaks in cool, shaded areas
* Using mechanical aids to reduce physical exertion
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| **Training** **&** **Information** | * Provide education and training to enable workers to identify heat stress related hazards, recognizing symptoms, first aid treatment, avoidance methods, potential dangers of alcohol and drugs, and using appropriate PPE
* Present information through toolbox and daily pre-start meetings
* Educate staff to replace lost fluids. General guide is 250ml every 15-20 min during hot conditions and to;
* Educate staff to minimise caffeine, carbonated drinks, alcohol and tobacco
 | [ ]  [ ] [ ] [ ]  |
| **PPE** | * Cooling vests
* Neck cooling ties
* Camel Pak/Coolers
* Safety UV Sunglasses
* Broad brim hats
* Hard hat brims
* Light weight Long sleeve collared shirts
* Sunscreen
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