

SAFETY

ADVICE

Avoiding Heat Exhaustion

SUMMER HEATWAVE

With the current hot weather in the UK and the potential for temperatures in some areas to reach the 30's there is a risk that some employees working in our venues may suffer from heat exhaustion. This is particularly important when working in outdoor locations where they may not have the luxury of air-conditioned buildings. We must ensure we look after our employees' health and safety whilst at work and have a duty of care to ensure that they are being given advice and support on how to deal with the heat. Please ensure you are following the top tips below to reduce the risk of heat exhaustion in our teams.

TOP TIPS

1. Ensure team briefings cover the issue with heat and they are reminded to drink and eat regularly to keep hydrated and keep their energy levels up.
2. Provide plenty of fluids for team members to drink and keep hydrated, this can be either water or fruit squash.
3. It is important that team members drink regularly throughout the day even if they do not feel thirsty and everyone should be drinking more than normal.
4. Ensure team members are allowed regular breaks and where possible breaks should be taken in a cool shaded area away from their normal workplace.
5. Have a stock of Mars Bars or other sweets available to provide a little energy boost.
6. Where working spaces are hot try to increase air flow by opening windows, doors, desk or pedestal fans can help but in extreme temperature often just circulate the hot air, where you have blinds on windows keep them closed.
7. Where buildings have air conditioning ensure this is set to the optimum level to control the temperature and keep it comfortable.
8. Where team members are working outside ensure they are advised to apply sun cream prior to coming to work and they have some available to re-apply at work.
9. If we have got team members working outside in the sun for a majority of their shift then we should look to provide brimmed caps or hats to protect them from the direct sunlight.
10. Make sure managers and supervisors are encouraging team members to take breaks and drink plenty of fluids.

FLUID INTAKE FACTS

The European Food Safety Authority recommends that women should drink about 1.6 litres of fluid and men should drink about 2.0 litres of fluid per day. That's about eight glasses of 200ml each for a woman, and 10 glasses of 200ml each for a man.

However, the amount a person needs to drink to avoid getting dehydrated will vary depending on a range of factors, including their size, the temperature and how active they are. So, for example, in hot weather you'll need to drink more.

SIGNS OF DEHYDRATION

When our bodies don't have enough water, we are said to be dehydrated. One of the first signs of dehydration is feeling thirsty.

If you think you may not be getting enough fluids, check whether you have any of these other common signs of dehydration:

- dark urine and not passing much urine when you go to the toilet
- headaches
- lack of energy
- feeling lightheaded

MORE INFORMATION

<http://www.nhs.uk/Livewell/Summerheat/Pages/Heatwave.aspx>



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