

CITC

CONSTRUCTION INDUSTRY TRAINING CENTRE

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CITC 3.22 Heat Policy

Policy & Procedure for Heat Stress & Ultra Violet Radiation (UVR)

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POLICY

The CITC has an obligation to minimise the risk of injury and illness while undertaking activities that present a hazard in the workplace, especially working during hot weather conditions.

This policy aims to reduce employees, contractors and students exposure to Heat Stress & Ultraviolet Radiation (UVR) from the sun by implementing appropriate health and safety control strategies.

The CITC **DOES NOT** have a specified temperature where employees, contractors and students can stop work, **BUT** some employers do and site-specific conditions may apply for offsite courses.

Various work-related tasks place some people at risk of heat stress, especially during hot weather. If untreated, heat stress can lead to the more serious and potentially life-threatening condition of heat stroke.

The main factors which influence the risk of heat stress are:

- High air temperature;
- High humidity, which prevents sweat evaporation;
- Low air movement;
- Exposure to the sun;
- Radiant temperature of surroundings;
- Intense physical activity or high work load; and
- Clothing impairing air movement and sweat evaporation.

All these factors must be considered when assessing the risk of heat stress. A single risk factor, such as an air temperature on the day or projected air temperature etc, should not be used in isolation to predict the risk of heat stress. Safe systems of work **MUST** be set up to prevent heat stress during hot weather.

The CITC **DOES NOT** allow for clothing, such as singlets to be worn, that allows the employee and contractor to be exposed to UV radiation (UVR) during outdoor work. Periods of exposure to UV radiation can be harmful, damaging the skin, which may lead to skin cancers. Both short term and long-term exposure could cause damage to a person's eyes.

CONTROL MEASURES

- Where possible, during periods of extreme seasonal heat and/or humidity, work that must occur should be scheduled prior to lunch for student practicals.
- Where practicable, outdoor work should be carried out in shaded areas or where temporary shade can be erected as much as possible.
- Where possible move outdoor work inside to the workshop or classroom.
- Wear a hat, sunglasses or UV safety glasses (if practicable), light sun protective clothing (or natural woven fabrics, e.g. cotton assists in the evaporation of sweat), and sunscreen.
- Acclimatise to outdoor work gradually.

- Take regular or extended rest breaks as required in a cool, shaded location a short distance from where you are working to enable your body to return to normal core temperature. It will be necessary to consider the type of work and outside heat temperature when determining the frequency and length of breaks.
- Drink at least 100-200ml of cool drinking water at frequent intervals (1 litre per hour when working in the sun) to replace fluids lost due to sweating, avoid alcohol, caffeine and drugs during hot weather as it is a potential risk to health by increasing loss of fluid. Alcohol and drugs are prohibited onsite at the CITC. Refer to CITC 3.16 Drugs and Alcohol Policy for further information.
- Eat light meals at regular intervals during the day to ensure energy and salt levels are maintained.
- Take particular care during the hottest parts of the day to ensure you don't overexert or overstress your body due to physical activity.
- If you do not believe adequate precautions are being implemented to protect your health and safety during adverse weather conditions, you **MUST** advise the CITC's CEO, Supervisor or a Manager.
- If you are a student, then advise your trainer; as soon as possible.

PERSONAL PROTECTION

- When ambient temperature is excessive and / or in direct sunlight, employees, contractors and students shall ensure they are wearing the appropriate personal protective clothing to reduce the associated risks.
- At all times (including cool and overcast days where UVR is still prevalent) employees, contractors and students who are working/training outdoors are required to protect themselves against UVR by applying and reapplying a broad spectrum sunscreen (as per product instructions), long pants when and where required, sunglasses or UV safety glasses (where practicable) and long sleeve shirts if practicable (where not practicable or short sleeve shirt is worn ensure regular application of sunscreen).

Wide brimmed attachments for hard helmets can be supplied by the CITC to CITC employees to provide protection from direct sunlight.
- Sunscreen is available for all employees, contractors and students whilst training outdoors at the CITC.

OFFSITE TRAINING

- During offsite training, CITC employees and contractors will abide by the relevant company's Heat Policy and Procedure for all students.

If you have any of the following symptoms, slow down or stop work and report immediately:

- Feeling unwell
- Weakness
- Dizziness
- Confusion
- Nausea
- Throbbing headache