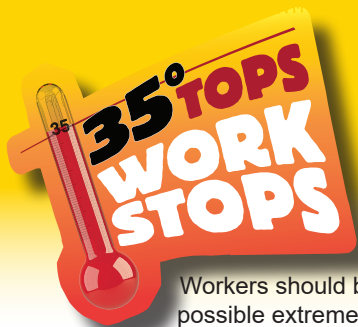


# BUILDING TRADE GROUP OF UNIONS



**If the on-site temperature hits  
35° or 28° and 75% humidity,  
it's your right to stop work!**

**Know what to do when things heat up**



Working in the **heat and humidity** is **dangerous**. On all CFMEU sites your safety comes first, but you need to know what to look out for and **stay safe**.

Workers should be alerted to possible extreme or excess heat conditions by the PCBU, Site manager, WHS Chair or Deputy Chair before commencing work or as soon as practicable after work commences.

Once the temperature reaches 35 degrees, there will be an orderly cessation of work and preparations for safe completions of critical tasks currently under way.

During periods of hot weather, if there are areas of the workplace that are below 35°, work shall continue as normal.

### **Monitoring of temperature**

Temperatures shall be measured on site by a temperature gauge compliant to Australian Standards, and located as agreed by the WHS Committee.

Temperatures shall be monitored during the course of the day by the Union Delegate, PCBU's, Site Manager, WHS Committee Chairperson and/or the Deputy Chairperson.

If gauges are not available - or malfunction, readings shall be taken from the nearest Bureau of Meteorology (BOM) weather station.

BOM Contact details:

**Phone:** (03) 9669 4000

**Web:** [www.bom.gov.au](http://www.bom.gov.au)

### **Humidity**

Humidity creates a significant risk to worker health and safety. A trigger point for consultation will be when the temperature reaches 28° and a level of 75% humidity. NB. Where work is required to be performed in additional PPE, action levels will need to be altered in consultation with workers, HSR's and the WHS Committee.

### **Concrete pours & emergency work**

Employees shall not be required to start a concrete pour in inclement weather. Areas to be concreted must be ready to start pouring no later than 7:00am on days where hot temperatures are forecast, or they will not commence. Concrete pours over 150m<sup>3</sup> that are delayed will

## **Heat stress – what to look out for**

**Heat illness covers a range of medical conditions that can arise when the body is unable to properly cope with working in heat. These conditions include;**

- Heat stroke – a life threatening condition that requires immediate first aid and medical attention
- Fainting
- Heat exhaustion / fatigue
- Heat cramps

- Rashes (also called prickly heat)
- Magnifying of pre-existing illnesses and conditions.

Signs and symptoms of heat illness include feeling sick, nauseous, dizzy or weak. Clumsiness, collapse and convulsions may also be experienced as a result of heat illness.

**Workers with these signs or symptoms need to seek immediate medical attention.**

not commence after 7:00am without full consultation and agreement with all parties.

Upcoming concrete pours shall be an agenda item for the site WHS Committee, so they can view the weather forecast for the proposed day(s) and make recommendations regarding their suitability. Work should be programmed in such a way as to reduce the risk of heat stress. Sufficient numbers of workers should be engaged to allow rotation of workers in periods of heat.

### **Control measures**

Measures employed on site to prevent the effects of Heat Stress;

- Workers shall have easy access to cool, clean drinking water
- Caffeinated drinks should be avoided as they promote dehydration
- Mist busters will be deployed for dust suppression and aid in worker comfort in earthworks zones
- Reduce physical activity/tasks where possible
- Rotation of workers
- Work in cooler parts of the day
- Utilise Shaded areas
- Reduction of PPE, where permissible.
- Wear light clothing under coveralls
- Individuals should seek medical advice on the effect of medication being taken and communicate with

the PCBU/First Aid Officer if they believe necessary.

- In addition, rest breaks as needed by an individual. Individuals should not be discouraged from taking needed rest breaks.
- It is expected mandated breaks of 'smoko' and lunch be adhered to.
- Training – (addressed below)

### **Incident response/ First Aid**

Ambulance must be called for anyone identified with heat stress. All heat stress incidents are to be reported to first aid and the PCBU's. Employees experiencing symptoms of heat stress must report to the first aid shed and receive medical attention. If unable to walk to the shed, normal first aid procedures will apply.



### **Incident reporting**

**After any report of a heat related incident an ambulance must be called immediately.** All heat related incidences are to be reported in accordance with this policy.

After any reported heat related incident the first aider shall advise the site Safety Coordinator who will notify the Chair of the WHS Committee and the relevant working group HSR immediately.

The WHS Committee shall also be notified of the incident at its next meeting, or more immediately if there is a risk to other workers on site.

In addition, LTIs, discomfort or related complaints and absenteeism related to heat stress shall be monitored by the WHS Committee.

### **Training**

All PCBU's and workers on site will be trained in mitigating and recognising heat stress illness symptoms, in themselves and others. With refresher training to take place annually.

First Aiders need to be specifically trained in responding to heat related incidences. Training shall be provided by a suitably qualified organisation.

## **Sun Safe Tips**

**In addition to the effects of heat, skin cancers are a major concern for workers in the industry. Here are some tips to help protect against them**

- Organise site safety meeting with Danger Sun Overhead.
- Wear light coloured, long-sleeved collared shirts with a minimum SPF of 50+
- Wear a broad brim hard hat attachment including neck flap Wear long trousers or shorts that go to the knee
- Avoid heatstroke by ensuring clothing is lightweight, comfortable, well ventilated and does not restrict movement
- Wear sunglasses that meet Australian Standards and are safe for driving
- Apply a broad spectrum sun screen with a minimum SPF of 30+ and lip balm
- Use natural or portable shade where possible
- New workers at any site should be informed, trained and supervised in sun safe techniques
- All building workers should have their skin checked regularly by a doctor, regardless of age
- Monitor your own skin and look out for new or unusual spots, a sore that won't heal, or a spot or mole that has changed size, shape or colour.

### **Danger Sun Overhead**

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