

TAKE CONTROL

Exposure to Environmental Heat

This information bulletin has been produced to assist in the prevention of workplace injury and disease. By identifying causes and assessing and controlling risks you can take control of health and safety in your workplace.

Risk indicators in the workplace

Some things to look for include:

- Work having to be carried out in hot or humid conditions;
- Outdoor work carried out without shelter;
- Working in confined hot spaces, eg trench works and excavations;
- Working near sources of radiant heat;
- Employees wearing ill-fitting or tight personal protective equipment;
- Work being carried out without adequate rest breaks or for too long a time in extreme thermal conditions.

Examples of what can be done to stop such occurrences from happening

Employers should, for example, make sure that:

- Insulation, guarding and shielding of heat sources is installed and maintained;
- Roof and wall insulation of work areas is provided to shield employees from the heat of the sun;
- Ventilation extraction of hot air is installed and maintained;
- Job rotation and appropriate rest breaks occur;
- Cooled drinking water is available at all times (eg at least 2 litres per person, per day, pending work activity. The more exertion, time and heat exposure, the higher the need for water intake);
- Personal protective equipment, including clothing and footwear is provided which allows for air circulation and evaporation of sweat;
- New employees have the opportunity to become acclimatised to the thermal work environment;
- A cool area is made available for use during rest breaks.

To find out more

The [Workplace Health and Safety Act](#) and the [Workplace Health and Safety Regulations](#) outline the minimum standards and the process to manage occupational health and safety in your workplace.

Specific regulations to note in respect of this topic are:

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| Regulation 38 | Hazard identification and risk assessment |
| Regulation 39 | Risk Management |

Regulation 58	Exposure to Certain Risks
Regulation 71	Personal Protective Equipment
Regulation 81	Protective Clothing

[Australian Standards](#) applicable to this topic include:

[AS 1668](#) The use of mechanical ventilation and air conditioning in buildings (series)

[AS 2161](#) Occupational protective gloves

Safe Work Australia Guidance for the Protection of Workers from the ultraviolet radiation in sunlight [[NOHSC: 3012 \(1991\)](#)].

NT WorkSafe kindly acknowledges WorkCover SA.

For further information please contact NT Worksafe on 1800 019 115 or visit www.worksafe.nt.gov.au