

HEALTH & SAFETY TOOLBOX TALKS

Working in Summer

Top 5 tips

1. Stay cool

Kiwis have one of the highest melanoma rates in the world. Limit your exposure to harmful UV rays by covering up with UV-rated clothing, wearing a high-quality sunblock, and wearing safety sunglasses. Wear breathable fabrics and a hat but be sure to comply with your company's clothing/PPE rules.



2. Don't sweat it

Stay hydrated with lots of water. Most people need about eight glasses of water a day, but if you're working in the heat, you'll probably need more. Avoid dehydrating drinks like those with caffeine or alcohol.

3. Be the man (or woman!) with a plan

Plan ahead to try to limit your time in the heat and work in the shade when possible. Take regular breaks and consider extra breaks if the work is demanding.

4. Tool up

Use the right tools for the job and try to switch tasks regularly if using vibrating power tools. Consider low-vibration hand-held tools and install low-vibration seats in machinery if possible.

5. Danger signs

Know the warning signs to watch out for when working in the heat. If you do overheat, symptoms include weakness or dizziness, darker coloured urine, pounding or rapid pulse, loss of balance or fainting, headaches, cramps, mood changes or confusion, and clammy or sweaty skin.

Remember, if heat stress or exhaustion is not dealt with quickly, it can progress to heat stroke. At its worst, this can be life-threatening.

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Excerpt from SiteSafe Guide & Resources Safe Practical Safety Advice *Working in Summer*

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