

Southern areas

Due to variable temperatures many workers are not acclimatised.

30° – 32°

10 minutes rest every hour

32° – 35°

15 minutes rest every hour

35° – 38°

30 minutes rest every hour

OVER 38°

Rest in a ventilated area until less than 38° Celsius

Hotter parts of the country

36° – 38°

10 minutes rest every hour

38° – 40°

15 minutes rest every hour

40° – 42°

30 minutes rest every hour

OVER 42°

45 minutes break every hour and no more than 2 hours at this temperature

SIZZLING HOT?

2016 was the fourth hottest year on record

Heat stress can happen even when acclimatised

13 workers died due to heat exposure (5 in QLD) between 2005 - 2014

It is essential that first aid requirements are understood and applied during hot work/weather

Use the heat stress calculator to help identify and manage risks of heat related illness

<http://bit.ly/heatstresscalculator>

