



Environmental and Occupational Health & Safety Unit

OH&S Alert!

November 2009

35°C: that's enough!

CFMEU EBAs state that workers will stop work and leave site when the temperature reaches 35 degrees. The temperature is measured at an agreed weather bureau station. For info see www.bom.gov.au/weather/vic

Below 35°

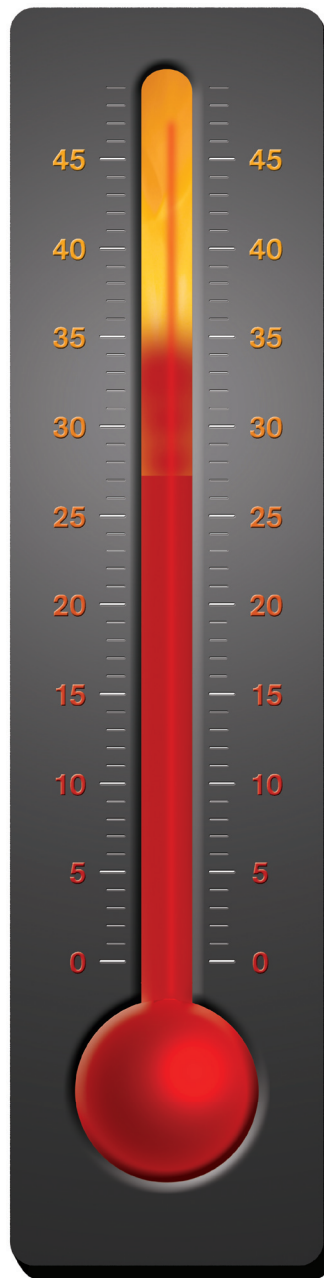
OHS Reps should not wait until the temperature reaches 35° to act.

The EBA states that when the temperature is expected to reach 35°, OHS Reps and management will confer on ways to minimise heat risks.

The agreement also states that at temperatures below 35°C, workers are to be relocated out of direct sunlight where the work environment creates a serious risk to their health and safety.

Serious risks could include:

- Radiant heat from particular surfaces like bondeck, roofing etc.
- Sun glare
- The type of work being performed.



Employers must provide

- Sunscreen
- Cool, clean drinking water
- Air-conditioned site sheds
- Hard-hat brims
- Sunglasses where required

Hot weather tips

- Drink 100-200ml of water at regular intervals – do not allow yourself to become thirsty.
- Avoid drinking coffee, tea, alcohol and caffeinated soft drinks.
- Wear light-coloured, loose clothing made of natural fibres wherever possible.
- Take regular breaks in a cool place.
- Monitor your physical condition and that of your co-workers.

What does heat stress look like?

- Feeling sick, nauseous, dizzy or weak
- Clumsiness, collapse and convulsions
- Cramps and muscle spasms
- Hot, dry skin; rapidly rising body temperature

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

The CFMEU OH&S Unit gratefully acknowledges the support of Incolink.

Authorised by Bill Oliver, Secretary, Tommy Watson and John Setka, Assistant Secretaries of the CFMEU Construction and General Division.

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