PREVENTION OF HEAT STRESS & SUN EXPOSURE

Commencement Date: 31/10/2007

1. Application/Exceptions
   These minimum standards and guidelines apply to all staff of Curtin University of Technology.

2. Definitions
   ‘As far as is practicable’ means all reasonable measures must be taken, bearing in mind:
   - The severity of the hazard
   - The likelihood of the hazard occurring
   - How much is known about the hazard and how to eliminate or control it
   - The availability, suitability and cost of safeguards
   The cost has to do with the expense and inconvenience necessary to put the safeguards in place measured against the consequences of failing to do so. It is not a measure of whether the University can afford to put the necessary safeguards in place.

   ‘Heat stress’ means the total heat burden to which the body is subjected by both external and internal factors, which, if high enough, will require the body to use cooling mechanisms to maintain normal function and to prevent adverse effects such as heat stroke.

   ‘Hazard’ means, in relation to a person, anything that may result in:
   - Injury to the person; or
   - Harm to the health of the person

   ‘Risk’ means, in relation to any injury or harm, the probability of that injury or harm occurring.

   ‘Radiant heat’ means heat emitted from hot surfaces, eg the glowing panel of a gas heater, the surface of a heated concrete slab, a bar radiator or open fire. Radiant heat directly warms people and objects in the room, rather than warming the air.
3. Minimum Standards

3.1 Employees shall be, as far as is practicable protected from the harmful effects of heat and sunlight.

3.2 Employees required to undertake work in direct sunlight shall be provided with appropriate personal protective equipment and as a minimum this shall include: a wide brim hat; Australian Standards approved sunglasses and readily accessible sun protection cream of at least 30+ UV protection rated.

3.3 Relevant information and instructions relating to the prevention and management of heat stress and sun exposure shall be provided to employees.

4. Guidelines

4.1 General Provisions

Nil.

Table 4.1 Guidelines for managers, staff and others for the implementation of the ‘minimum standards’

<table>
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<tr>
<th>Minimum Standard</th>
<th>Managers and Supervisors</th>
<th>All Staff, Students and Others</th>
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| 3.1 Employees shall be, as far as is practicable protected from the harmful effects of heat and sunlight. | - Ensure your employees’ work activities are assessed and the potential for exposure to the harmful effects of heat and sunlight is identified. Some examples include:  
  o Working in direct sunlight or areas/climatic conditions that are subject to high ambient air temperature, high humidity and/or low air movement.  
  o Heavy physical work  
  o Work subjected to significant radiant heat from equipment or the environment  
  - Implement management strategies to prevent or reduce the impact of heat and sunlight which may include:  
    o Provide alternate work during times of excessive heat  
    o Increase ventilation to the work area  
    o Provide shade or   | - Contribute to the identification and assessment of risk as required.  
  - Minimise and or report any factors increasing heat load  
  - Comply with all instructions and risk control requirements  
  - Drink  
  - Minimise the use of alcohol and other factors that can cause dehydration during and leading up to heavy work or work in hot environments or direct sunlight  
  - Wear appropriate clothing for the task that will reduce heat load and sunlight exposure which may include: long sleeves and trousers; and loose fitting closely woven fabrics of light colour.  
  - Report any health problems which may increase sensitivity to heat/sun exposure to manager/supervisor |
other protective barriers to shield employees from sources of radiant heat and sunlight
   o Roster work, and particularly heavy work, at times (usually morning) of reduced heat load
   o Rotate staff
   o Provide ready access to fresh and cool water
   o Instruct staff to take regular breaks in shaded or air-conditioned areas
   o Issue staff with appropriate personal protective equipment (see also 3.2)
   o Request that staff with health problems that may increase sensitivity to heat/sun exposure discuss requirements/fitness to undertake tasks with a medical practitioner

- Further details and guidance on the identification, assessment and control of risk can be obtained through the University’s ‘Making the Workplace Safe’ document or through assistance provided by the **Health & Safety team** on ext 4900.

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<th>3.2 Employees required to undertake work in direct sunlight shall be provided with appropriate personal protective equipment and as a minimum this shall include; a wide brim hat; polarised sunglasses and readily accessible sun protection cream of at least 30+ UV protection rated</th>
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Further advice and assistance can be obtained through Health & Safety on ext.4900

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<th>3.3 Relevant information and instructions relating to the prevention and management of heat stress and sun exposure shall be provided to employees.</th>
<th>Ensure relevant controls are adequately communicated to all new and existing (affected) staff, including provision of appropriate equipment, personal protective equipment, and instruction in their use and maintenance.</th>
<th>Participate in training and induction provided.</th>
<th>Comply with all instructions</th>
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<td>Ensure staff are trained in the signs of heat stress and how to manage it including what to do in an emergency</td>
<td>Report signs of heat stress and contribute to identifying and implementing further controls as deemed necessary</td>
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<td>Dial ‘5’ or 9266 4444 in an emergency</td>
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**REVISION HISTORY:**

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<tr>
<th>Revision Ref. No.</th>
<th>Approved/Rescinded</th>
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