

SAFETY ALERT

Living and Working in Hot Environments

Extreme heat events are occurring in Australia more often and for longer periods. Queensland is currently experiencing a combination of hot, dry and windy weather and it is important to maintain good hydration and manage your time spent outdoors or in the heat. Some people are at greater risk of suffering heat-related illness and can succumb to the effects of heat without realising.

WHAT IS HEAT-RELATED ILLNESS?

- **Heat rash** – an itchy, painful rash
- **Dehydration, extreme thirst**
- **Heat cramps** – muscle pains or spasms
- **Heat exhaustion** – tiredness, weakness, dizzy, headache, faint, pale skin, heavy sweating
- **Heat stroke** – a rise in body temperature, red, hot dry skin (because sweating has stopped), swollen tongue, rapid pulse, nausea, vomiting and may pass out

WHAT CAN YOU DO TO AVOID HEAT-RELATED ILLNESS?

- Drink plenty of cool water – avoid soft drink, sports drinks, caffeine and alcohol.
- If outside in the heat, try to drink at least 1 cup of water every 15–20 minutes.
- Keep cool – wear hat and light cotton clothing, take a bottle of water with you.
- Cool the house/office by closing windows, curtains and blinds. Use air conditioner if available.
- Adjust your start and finish times so that you can work in the cooler part of the day
- Plan your day around the heat – avoid working in direct sun during the middle of the day.
- Take regular breaks in the shade.
- Minimise physical activity.



TAKE CARE!

If you are concerned or feel unwell, seek first aid immediately and call 000. Seek shade and sip water until help arrives.

Further information can be found at:

www.conditions.health.qld.gov.au/HealthCondition/condition/20/199/362/heat-related-illness

ALL GRIFFITH UNIVERSITY CAMPUSES ARE SMOKE FREE

Smoking is not permitted within university grounds including roads, pathways and walking tracks!