

# Working Safely in The Heat



## 1. Drink Water

Always drink water before work each day.



## 5. Take Breaks

When working in the heat, take regular breaks.



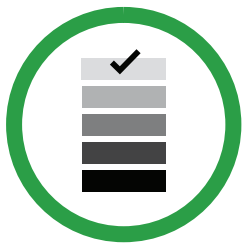
## 2. Drink Water Every 2-3 Hours

Always drink at least 2 litres of water every 2 - 3 hours during work.



## 6. Get Plenty of Sleep

Always get plenty of sleep at night. 6 - 8 hours is ideal.



## 3. Check Urine

Check urine colour - it should be pale yellow. If it isn't, you need to drink more water.



## 7. Eat Fruit & Vegetables

You should eat a good mixture of fruits and vegetables each day.



## 4. Electrolyte Replacement

Drink water / electrolytes.



## 8. Stop If Unwell

If you are feeling unwell, stop work immediately. Inform your supervisor and colleagues.