

Toolbox Talk Warm Weather



What?

- Summer months bring additional challenges to keeping safe and ensuring our health and well-being during periods of warm weather
- It means that more consideration is required to ensure that suitable supplies of drinking water are provided, additional breaks can be taken and consideration for suitable dress is made when temperatures rise



Why?

In Summer time the outside temperature rises, sometimes significantly given our changing climate

Increased temperatures can result in:

- Heat Stress
- Fatigue
- Dehydration



Do



- Take regular breaks
- Drink plenty of water
- Wear a hat when outside
- Wear light clothes
- Check the weather forecast and plan accordingly
- Use blinds on windows to shade from the sun
- Open windows to allow for the flow of fresh air where there is no air conditioning
- Continue to wear PPE

Do you know
how your body
uses water?



Water in the body:

Blood: 90.7%
Brain: 85.5%
Kidneys: 82.7%
Muscles: 75.6%
Bones: 22%

Are you properly hydrated?

Don't



- Ignore the signs of heat stress
- Work for long periods without taking a break
- Be without access to drinking water when leaving the office
- Ignore signs of dehydration

