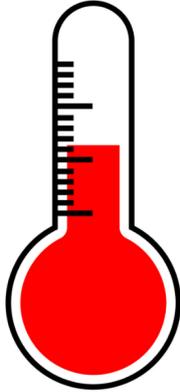


# When A/C units fail in warm weather

Colleagues working in store can get very hot and uncomfortable when A/C units fail in warm weather

## Exposure to heat extremes can give rise to:

- Cramps and weakness
- Tiredness and a lack of energy
- Headache, nausea and vomiting
- Excessive sweating and thirst
- Irritability and loss of concentration



## Action to take:

- Move to a cool room and drink plenty of cool fluids until recovered
- If in doubt call 999

## Keeping Cool

- Watch out for signs of heat exhaustion above and take action
- Provide cold water—drinking plenty of water replaces fluids lost to sweat throughout the day —sport drinks and those with electrolytes will help replace lost salts.
- Plan for regular breaks in a cool area to allow time for colleagues to cool down
- Introduce flexible working patterns—plan to complete more strenuous work during cooler times of the day wherever possible.
- Open windows and doors to aid air flow — this helps to evaporate sweat which cools the body. Desk and pedestal fans can be useful.
- PPE can increase heat stress so limit time spent using it to the minimum without risking injury.



## Remember

- Hot surfaces such as ovens and cooking equipment give off heat that make these work places even warmer —allow time for drink breaks to replace lost fluids.
- Kitchens and bakeries are often very humid which further restricts sweating, increasing body temperatures— allow extra breaks away from the area whenever possible

