

TOP TIPS FOR HEAT MANAGEMENT

WITH THE WEATHER HEATING UP, LET'S LOOK AT WHAT WE
CAN DO TO KEEP COOL IN THE WORKPLACE

MANAGERS:

- Consider allowing appropriate non-uniform clothing
- Encourage staff to use electrolyte for hydration
- Allow workloads to be shared to reduce strain for clinical / manual handling tasks
- Allow use of fridge space for drink bottles.

EVERYONE:

- Run cold water, or place ice, on wrists to cool down your bloodstream
- Consider purchasing a personal cooling device, such as:
 - A hand held fan
 - A cooling neck scarf (and keep it in the fridge or freezer when not wear)
 - Wear cooler, lightweight fabric uniforms (like Christmas scrubs)
 - A USB-powered desk fan for when you're sitting
 - Breathable fabrics (linen, cotton, bamboo, quick-dry).