

# HEAT STRESS

## BASIC RISK ASSESSMENT GUIDE FOR ALL PERSONNEL

This guide covers the main hazards from working in hot environments. **Read it. Know it. Follow it.**

If you feel unwell from the heat, **stop work and tell your Team Leader immediately.**

#	HAZARD	WHAT CAN HAPPEN	WHAT YOU DO
1	<b>Heat exhaustion</b>	You sweat, feel weak, dizzy, sick. You may faint. Can happen quickly.	<ul style="list-style-type: none"> <li>✓ Drink water often - do not wait until thirsty</li> <li>✓ Rest in shade or cool place</li> <li>✓ Tell Team Leader if you feel weak or dizzy</li> <li>✓ Remove helmet or heavy gear if safe to do so</li> </ul>
2	<b>Heat stroke (EMERGENCY)</b>	Body temperature above 40°C. Confusion, seizures, organ damage. Life-threatening.	<ul style="list-style-type: none"> <li>✓ Get help from Team Leader immediately</li> <li>✓ Move to cool place at once</li> <li>✓ Cool the body - water, ice, shade</li> <li>✓ Drink water if conscious</li> </ul>
3	<b>Dehydration</b>	Not enough water in body. Headache, muscle cramps, bad decisions, kidney problems.	<ul style="list-style-type: none"> <li>✓ Drink water every 15-20 minutes</li> <li>✓ Do not drink only when thirsty</li> <li>✓ Salt loss matters - eat salty food</li> <li>✓ Dark urine means you need more water</li> </ul>
4	<b>Sunburn</b>	Sun burns your skin. Red, painful skin. Risk of skin damage and infection.	<ul style="list-style-type: none"> <li>✓ Use sun cream SPF 30+</li> <li>✓ Cover skin - hat, long sleeves if possible</li> <li>✓ Reapply cream every 2 hours</li> <li>✓ Avoid sun during peak hours (11am-3pm)</li> </ul>
5	<b>Heat cramps and rash</b>	Sudden painful muscle cramps. Red, itchy skin rash from sweat and heat.	<ul style="list-style-type: none"> <li>✓ Stretch and massage cramped muscles</li> <li>✓ Drink water and sports drinks with electrolytes</li> <li>✓ Keep skin dry - change wet clothes</li> <li>✓ Use powder to prevent rash on skin folds</li> </ul>
6	<b>Poor thinking and reaction</b>	Heat makes you slow, confused, bad at decisions. You miss hazards. Accidents happen.	<ul style="list-style-type: none"> <li>✓ Stop and rest if you feel confused</li> <li>✓ Drink water and cool down</li> <li>✓ Tell Team Leader if you cannot concentrate</li> <li>✓ Never operate equipment if dizzy or confused</li> </ul>
7	<b>PPE and body armour</b>	Heavy gear traps heat. Body armour, helmet, thick clothing make it worse. Heat builds up fast.	<ul style="list-style-type: none"> <li>✓ Wear minimum PPE needed - ask Team Leader</li> <li>✓ Remove gear when not needed</li> <li>✓ Ventilate under armour - loosen straps</li> <li>✓ Take more rest breaks with heavy gear</li> </ul>
8	<b>Hot enclosed spaces</b>	Armouries, cabins, spaces below deck. Poor air, heat builds up. Dangerous very fast.	<ul style="list-style-type: none"> <li>✓ Ventilate before entering</li> <li>✓ Never lock doors - always have exit</li> <li>✓ Take extra water breaks</li> <li>✓ Work in pairs - never alone</li> </ul>
9	<b>New to hot climate</b>	New team members not used to heat. Body not adjusted yet. Higher risk first 7-10 days.	<ul style="list-style-type: none"> <li>✓ Limit heavy work for first week</li> <li>✓ Drink more water than you think you need</li> <li>✓ Rest more - do not push yourself</li> <li>✓ Tell Team Leader if you feel unwell</li> </ul>
10	<b>Night duties and travel</b>	Even at night, tropics stay hot. Travel in vehicles or boats. Long periods without rest or water.	<ul style="list-style-type: none"> <li>✓ Drink water at night too</li> <li>✓ Take breaks every 2 hours</li> <li>✓ Drivers stop for cooling breaks</li> <li>✓ Rest before night duty</li> </ul>



**STOP WORK – YOU HAVE THE RIGHT**

If you or a colleague shows signs of heat illness, stop work immediately.

**No one will be punished for stopping work due to heat.** Tell your Team Leader. If they do not listen, contact the Group Compliance Director directly.

**Full risk assessment:** SM/HSE/RA/009 – Heat Stress v1.0

**Related:** Heat Stress SOP | SM/HSE/PRO/001 – Hazard ID & Risk Assessment

**Questions?** Contact the Group Compliance Director or QHSE Manager

**YOUR WATCH. OUR STANDARD.**

Assess. Report. Deliver.