

OCCUPATIONAL HEAT STRESS IN TOURISM

How to stay safe and productive in hot working environments



Use these **measures** to protect against the heat

PLAN HEAT DEFENCE



Pay attention to weather forecasts & create a heat plan before the heatwaves

TAKE BREAKS



Small work breaks (e.g., 2-5 min every hour) can reduce health risks without affecting productivity

HYDRATE



Ensure easy access to drinking water at all times using water stations, personal water bottles, etc.

RE-ARRANGE WORK



Plan outdoor & physically demanding work during the cooler parts of the day

OPTIMIZE CLOTHING



Wear uniform or personal protective clothing that is loose, light, and it is made of breathable fabrics

When you work in hot conditions

you are more likely to suffer heat illness or work injury
your mental capacity is reduced & your productivity is lowered by more than 15%

Your risk is higher if

you work outdoors, near hot machinery, or your work is physically demanding
you have limited access to water

