

WORKING IN THE HEAT OR DIRECT SUNLIGHT CAN BE DANGEROUS

Even here in Tasmania we can have days of extreme heat. Salamanca Market stallholders need to ensure that they are adequately prepared for warm weather conditions to keep themselves and employees safe from heat illness.

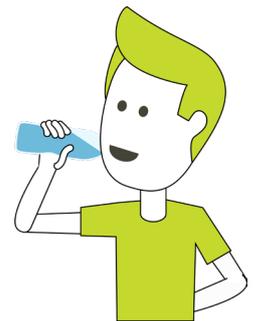
WHAT IS HEAT ILLNESS?

Heat illness can occur when the body cannot sufficiently cool itself. Factors that contribute to this include temperature, humidity, the clothing you wear and the physical activity you are doing. Heat illness covers a range of medical conditions such as heat stroke, fainting, heat exhaustion and heat fatigue.

Signs and symptoms of heat illness include feeling sick, nauseous, dizzy or weak. Clumsiness, collapse and convulsions may also be experienced as a result of heat illness.

STAY HYDRATED

During hot weather, stallholders are encouraged to drink a cup of water (about 200 ml) every 15 to 20 minutes to stay hydrated.



AVOID THE SUN

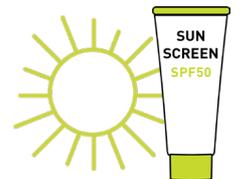
Stay in the shade, limit the time that you are in direct sunlight and remember to SLIP, SLOP, SLAP, SLIDE!

Slip on a loose fitting, long-sleeved collared (preferably cotton) shirt and long pants

Slop on broad spectrum, water-resistant SPF30 (or higher) sunscreen, every two hours

Slap on a broad brim or legionnaire style hat to protect your face, head, neck and ears

Slide on a pair of sunglasses, ensuring they meet Australian Standards.



WHAT TO DO IF SOMEONE SUFFERS FROM HEAT ILLNESS

If a stallholder or member of the public feel that they are suffering from heat illness, they should seek medical attention immediately by visiting St Johns Ambulance on-site or call the market supervisor on 0419 482 675.

The City of Hobart is committed to a safe and healthy work environment and safe systems of work to prevent injury and illness. We expect everyone at Salamanca Market to stay hydrated, avoid the sun, cover up and use sunscreen, look out for and report symptoms of heat illness and go home safely.