

CAMPUS ESTATE SAFETY ALERT

15 January 2019

WORKING IN THE HEAT

With temperatures to reach the 40s this week in Canberra please ensure that you are:

- Frequently drinking water.
- Wearing a hat and light clothing that is covering your skin from sun exposure
- Slip Slop Slap
- Know the signs of heat exhaustion and heat stroke
- Plan your workload accordingly

If you feel unwell:

- Lie down in the shade or air con
- Drink water
- Use a cool compress
- Notify your manager immediately and seek medical attention

<https://www.canberra.edu.au/on-campus/facilities/campus-improvements>