

Protect yourself

Extreme hot weather can be dangerous

You should:



Drink water

Every 15–20 minutes while working.



Check urine colour

It should be pale or light yellow.



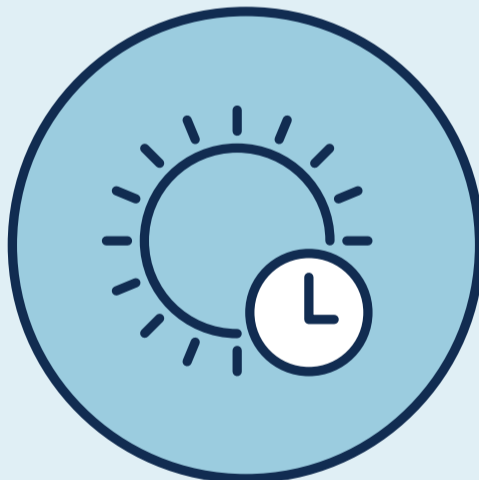
Wear sun protection

Light clothing, hat, SPF 30+ sunscreen, sunglasses.



Rest and cool down

Take breaks under shade and cool off with wet towels or a shower.



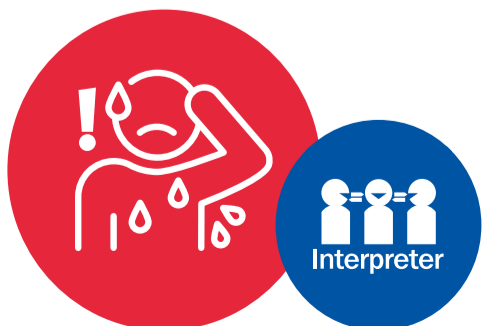
Work in cooler hours

If possible, work in early morning or late afternoon.



Keep medicine and food safe

Store in a cool, dry place, away from sunlight.



If feeling unwell in the heat, cool down immediately!

Heatstroke is when your body cannot cool down. This is serious. Seek medical help straightaway or call **Triple Zero (000)**. You can ask for an interpreter for free.

