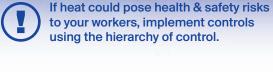
12 POINT CHECKLIST TO REDUCE HEAT RISKS!

Use the following checklist to reduce the risks associated with working in the heat:

- If possible, schedule outdoor work early in the morning or late in the afternoon or evening to avoid the hottest times of the day.
- Where possible, have workers work in a shaded area. Consider installing temporary sunshade equipment, such as awnings, shade cloths, umbrellas and tents.
- Allow outdoor workers to rest in a shaded area when temperatures reach an unsafe level. This will vary depending on the humidity and exposure time.
- Increase the number of breaks, or allow your workers to opt for additional breaks when they feel overheated.
- Provide workers with water, and encourage them to stay hydrated.
- If possible, isolate the heat source, e.g. with a temporary wall, during the period that most work is being performed.
- Ensure your workers are wearing appropriate clothing e.g. hats and loose-fitting, breathable, long-sleeved shirts for outdoor work. Balance this with the risk that the clothes may be caught in a nip point of equipment the worker needs to use, such as a wood chipper.
- Provide workers with sunscreen and encourage them to regularly apply it.
- Avoid having your workers work in direct exposure to the sun or another heat source by relocating the work where possible.
- Increase ventilation using air conditioners or fans.
- Direct your workers to cease work once the temperature becomes too hot.
- Have an emergency plan in place if there is a significant risk of a bushfire including providing appropriate fire-fighting equipment.





THE SAFETY EXPERTS! Call 132 100 or shop rsea.com.au



HYDRATION & COOLING



Sawincher Hydration Sqweeze Pops - 10 Pack

Low Sodium, Caffiene-free Flavours: Orange, Lemon, Lime, Cherry, Grape, Mixed Berry

ONLY



Sqwincher Hydration Qwik Serv 8 Pack

- · Electrolyte enhanced for
- effective hydration.

 Low Sodium, Caffeine-free 1 Serve makes 750ml drink. Order Code: SQ06090



Sqwincher Hydration 2L Concentrates

· 2L makes 20L, low in sodium. Caffeine free Orange, Lemon Lime, Tropical, Wildberry

ONLY

Sawincher Hydration Sugar Free Qwik Stiks - 50 Pack

- 1 Stik makes 600ml drink
- Sugar free for zero calories.
 Low Sodium & Caffeine-free.
- Assorted Flavours in-store.

ONLY



ONLY

Ergodyne CHILL-ITS® 6700 **Cooling Bandanas**

- Soak in water for 2-5 minutes. Re-usable: Just re-soak, Tie closure
- Order Codes: Blue: 1090562, Lime: 1090563, Camo: 1090564, Red Wester 1090565, Blue Western 1090568

Ergodyne CHILL-ITS® 6715 Evaporative Cooling Hard Hat Pad & CHILL-ITS® 6716 Evaporative Cooling Hard Hat Liner

- Lightweight, cooling acrylic polymers
- · Hook & loop closures.
- Soak in water 2-5 minutes to activate, lasts for up to 4 hours. Order Codes: 1090566 Hard Hat Pad, 1090567 Hard Hat Liner

ALL ONLY \$695 EACH

Ergodyne CHILL-ITS® 6602 **Evaporative Cooling Towel**

- Advanced PVA cooling technology
- Wear for hours or for quick relief. · Simply re-wet to reactivate.
- Colour: Pink. Order Code: SQ6602

Blue Rapta Hard Hat Brims

- Durable cotton drill material with Neck flap. Hard hats sold separately.
- Colours: White, Orange, Green, Navy. Order Code: BRRB01

ONLY 795



 Hi-Visibility Fluoro tap Sizes: S-XL. Order Code: S4261







Brimmed Hat (\$4261)

ONLY



CamelBak 750ml **Eddy Bottle**

- Spill-proof, no tipping required: Just flip open
- Order Codes: 936309 Charcoal, 936310 Dragonfruit Pink, 936311 Oxford Blue

ONLY

CAMELBAK

CamelBak Podium ICE 600ml Bottle

- Zero-Loft™ Aerogel insulation keeps water cool 4 times longer than standard bike bottles, and it keeps the bottle lightweight.
- BPA-free and BPS-free TruTaste™
- polypropylene. JetValve™ delivers high water flow effortlessly and seals shut automatically.
- CamelBak® Got Your Bak™ Guar it™ with our lifetime **Order Code:** 936313



ONLY 195



2L Hydration Pack

- · Padded back harness, front bungee cord system to hold extras and zippered front pocket.
- Lightweight tear resistant repellent PU coating

Order Codes: 920091 Blue, 920094 Orange





Esky

ESKY Small &

- Medium Ice Bricks
- Keeps food cold and fresh. Keep one handy in the freezer.
- Small: 16cm x 12cm x 2cm. Medium: 16cm x 10cm x

Order Codes: 462009 Small, 462000 Medium





Blue Rapta 5L Cooler Jug with Tap

- Fully Insulated.
- Spout.
- Includes Drinking Cup.
- Handle with Hand Grip.

 Order Codes: 920092 Blue. 920093 Orange



Coleman €

Coleman 19L Beverage Jug

- Patented drip-less tap with instant on/off performance for quick, hygienic access to refreshment
- Extra thick insulation. · Made from durable, dent,
- scratch and fade resistant
- Side carry handles Order Code: 462007

