Construction Heat Stress Risk Assessment

Risk Assessment Details

Item	Details
Company	
Site Location	
Project	
Assessment Date	
Assessor	
Review Date	
Number of Employees	

Activity

Construction work undertaken during periods of hot weather, including:

Groundworks Excavation Roofing Bricklaying Concrete works Highway maintenance Steel erection Scaffolding Plant operations Manual handling Civil engineering activities

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Hazard

Exposure to excessive heat causing heat stress, dehydration, heat exhaustion or heatstroke.

Persons at Risk

Site operatives Groundworkers Roofers Bricklayers Scaffolders Labourers Plant operators Crane operators Banksmen Supervisors Site managers Apprentices Contractors Visitors

Vulnerable Workers

Young workers Older workers Pregnant employees Employees with heart conditions Employees taking medication Employees returning after illness New starters Lone workers

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Construction-Specific Heat Hazards

Working in direct sunlight Heat reflected from concrete, tarmac and steel Heavy manual handling Wearing high-visibility clothing and PPE Hard hats reducing heat loss Dust masks and respirators Working on roofs with limited shade Working inside partially completed buildings Excavations with poor airflow Asphalt and concrete operations Long working hours Physically demanding activities Poor hydration Limited welfare facilities

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Possible Consequences

Dehydration Fatigue Reduced concentration Muscle cramps Sunburn Heat rash Heat exhaustion Heatstroke Poor decision making Increased accidents Falls from height Plant collisions Manual handling injuries

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Existing Control Measures

Planning

Weather forecasts monitored daily. Site-specific heat stress risk assessment completed. Daily briefings include hot weather precautions. Work activities reviewed during heatwaves.

Working Hours

Heavy work scheduled during cooler morning hours. Non-essential strenuous activities postponed where possible. Rotating physically demanding tasks. Additional rest breaks introduced.

Hydration

Cool drinking water available across site. Water stations located close to work areas. Employees encouraged to drink regularly before feeling thirsty. Electrolyte drinks provided where appropriate.

Rest Facilities

Shaded welfare areas provided. Air-conditioned welfare cabins used where available. Rest breaks increased during extreme temperatures.

PPE

Lightweight PPE selected where compatible with safety requirements. Neck shades fitted to safety helmets where appropriate. Suitable UV-rated safety glasses provided. Sunscreen (minimum SPF 30) available for outdoor workers.

Supervision

Supervisors monitor workers for signs of heat stress. Buddy system used for lone or remote work. Vulnerable workers identified and monitored.

Training

Employees receive training on:

Heat stress symptoms Heat exhaustion Heatstroke Hydration Sun protection Emergency procedures

Plant Operators

Cab ventilation checked daily. Air conditioning maintained. Operators encouraged to take regular breaks. Drinking water kept inside cabs.

Manual Handling

Mechanical lifting aids used wherever possible. Team lifting encouraged. Heavy lifts avoided during peak afternoon temperatures.

Welfare Facilities

Toilets available. Handwashing facilities maintained. Drinking water replenished throughout the

day. Welfare cabins cleaned and ventilated.

Additional Control Measures Required

Action	Responsible Person	Target Date	Completed

Emergency Procedures

Heat Exhaustion

Symptoms include:

Heavy sweating Weakness Dizziness Headache Nausea Muscle cramps Pale skin Fast pulse

Action

Stop work immediately. Move the employee into shade. Remove unnecessary PPE where safe. Give cool drinking water. Cool the body using wet towels or fans. Monitor continuously. Do not allow return to work until fully recovered.

Heatstroke (Medical Emergency)

Symptoms include:

Confusion Collapse Hot, dry skin (or continued heavy sweating) Seizures Loss of consciousness Body temperature above 40°C

Action

Call **999*immediately. Move to a cool location. Cool rapidly using water, ice packs or wet towels. Continue cooling until emergency services arrive. Never leave the casualty unattended.

Monitoring

Site management should:

Monitor weather forecasts daily. Increase supervision during hot weather. Check water supplies regularly. Observe employees for early symptoms. Record any heat-related incidents. Review control measures after periods of extreme heat.

Risk Assessment Review

Review this assessment:

Annually Before summer months During Met Office Heat Health Alerts Following any heat-

related illness Following changes to work activities After significant site changes

Residual Risk Rating

Likelihood	Severity	Risk
Low	Moderate	Low

Relevant UK Legislation

This assessment supports compliance with:

Health and Safety at Work etc. Act 1974 Management of Health and Safety at Work Regulations 1999 Construction (Design and Management) Regulations 2015 Personal Protective Equipment at Work Regulations 1992 (as amended) Workplace (Health, Safety and Welfare) Regulations 1992

Assessor Declaration

I confirm that this assessment has been completed and that suitable control measures have been identified to reduce the risks associated with heat stress on construction sites.

Assessor:_____

Signature:_____

Date:_____

Review Record

Review Date	Changes Made	Reviewed By

Warehouse Heat Stress Risk Assessment

Risk Assessment Details

Item	Details
Company	
Warehouse/Site	
Department	
Activity	
Assessment Date	
Assessor	
Review Date	

Activity

Warehouse and distribution activities undertaken during periods of hot weather, including:

Goods receiving Loading and unloading vehicles Order picking Packing operations Forklift truck operation Manual handling Stock replenishment Mezzanine working Container unloading Dispatch operations Inventory management Warehouse cleaning and maintenance

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Hazard

Exposure to excessive workplace temperatures resulting in heat stress, dehydration, heat exhaustion, or heatstroke.

Persons at Risk

Warehouse operatives Order pickers Packers Forklift truck operators Reach truck operators Loading bay staff Goods-in and dispatch personnel Supervisors Maintenance engineers Agency workers Contractors Visitors

Vulnerable Workers

Young workers Older workers Pregnant employees Employees with underlying medical conditions New starters Employees returning from illness Lone workers Employees required to wear PPE

Warehouse Heat Hazards

High indoor temperatures Poor natural ventilation Heat build-up beneath warehouse roofs Open loading bay doors allowing hot air into the building Unloading shipping containers exposed to direct sunlight Mezzanine floors where temperatures are significantly higher Prolonged manual

handling Fast-paced picking and packing operations Long walking distances Forklift cab heat High humidity Inadequate hydration PPE reducing heat loss

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Possible Consequences

Dehydration Fatigue Muscle cramps Heat rash Heat exhaustion Heatstroke Reduced concentration Slower reaction times Manual handling injuries Forklift collisions Slips, trips and falls Reduced productivity Increased absenteeism

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Existing Control Measures

Risk Management

Heat stress risk assessment completed. Weather forecasts monitored during summer months. Supervisors brief employees on hot weather precautions. Vulnerable workers identified and supported.

Ventilation

Roller shutter doors opened where safe. Roof vents maintained. Mechanical ventilation systems serviced. Large circulation fans used where appropriate. Air conditioning maintained in office and welfare areas. Airflow maintained throughout warehouse aisles.

Hydration

Cool drinking water readily available. Water stations positioned throughout the warehouse. Employees encouraged to drink water regularly. Refillable water bottles provided where appropriate.

Rest Breaks

Additional rest breaks introduced during hot weather. Cool welfare facilities available. Shaded outdoor rest areas provided where practicable. Break schedules adjusted during extreme temperatures.

Manual Handling

Mechanical handling equipment used wherever possible. Heavy lifting shared between employees. Workloads reduced during periods of excessive heat. Rotation between physically demanding and lighter tasks.

Loading Bays

Loading and unloading planned during cooler parts of the day where practicable. Trailer and

container temperatures checked before unloading. Employees unloading containers take additional breaks. Portable fans used where safe and effective.

Mezzanine Floors

Temperature monitored during hot weather. Increased ventilation provided where possible. Work rotated to reduce prolonged exposure. Additional drinking water provided nearby.

Forklift Operations

Forklift cabs kept clean and ventilated. Cab fans or air conditioning maintained where fitted. Drivers encouraged to stop for hydration breaks. Operators monitored for signs of fatigue.

Personal Protective Equipment (PPE)

Lightweight high-visibility clothing used where suitable. Breathable safety footwear selected where practicable. Gloves appropriate to the task and weather conditions. PPE reviewed regularly to minimise heat burden while maintaining protection.

Training

Employees receive training covering:

Heat stress awareness Hydration Recognising heat exhaustion and heatstroke Safe manual handling during hot weather Reporting symptoms immediately Emergency procedures

Supervisors receive additional training on recognising early signs of heat-related illness and implementing appropriate control measures.

Additional Control Measures Required

Action Required	Responsible Person	Target Date	Completed

Emergency Procedures

Heat Exhaustion

Symptoms

Heavy sweating Fatigue Weakness Dizziness Headache Muscle cramps Nausea Pale, clammy skin

Action

Stop work immediately. Move the employee to a cool area. Remove unnecessary PPE where safe. Provide cool drinking water. Cool the body with fans or damp towels. Monitor recovery. Seek medical advice if symptoms do not improve.

Heatstroke (Medical Emergency)

Symptoms

Confusion Collapse Loss of consciousness Seizures Very high body temperature Hot, flushed skin

Action

Call 999 immediately. Move the casualty to a cool location. Begin rapid cooling using cold water, wet towels or ice packs. Continue cooling until emergency services arrive. Never leave the casualty unattended.

Monitoring

Warehouse management should:

Monitor warehouse temperatures during hot weather. Inspect ventilation systems regularly. Check drinking water supplies throughout each shift. Observe employees for signs of heat stress. Record incidents, near misses and employee concerns. Review staffing levels and workloads during heatwaves.

Risk Assessment Review

Review this assessment:

Annually Before the summer season During prolonged periods of hot weather Following any heat-related illness or incident After changes to warehouse layout or equipment Following significant operational changes

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Residual Risk Rating

Likelihood	Severity	Overall Risk
Low	Moderate	Low

Relevant UK Legislation

This assessment supports compliance with:

Health and Safety at Work etc. Act 1974 Management of Health and Safety at Work Regulations 1999 Workplace (Health, Safety and Welfare) Regulations 1992 Manual Handling Operations Regulations 1992 (as amended) Provision and Use of Work Equipment Regulations 1998

Risk Assessments – Heat Stress

(PUWER) Personal Protective Equipment at Work Regulations 1992 (as amended)

Assessor Declaration

I confirm that this assessment has been completed and that suitable control measures have been identified to reduce the risks associated with heat stress within warehouse and distribution operations.

Assessor: _____

Signature: _____

Date: _____

Review Record

Review Date	Changes Made	Reviewed By

Manufacturing Heat Stress Risk Assessment

Risk Assessment Details

Item	Details
Company	
Site	
Department	
Process	
Assessment Date	
Assessor	
Review Date	

Activity

Manufacturing activities undertaken in hot working environments, including:

Production lines Assembly operations Welding and fabrication Foundry work Metal casting Engineering workshops Machine operation Food manufacturing Glass and ceramics production Plastic moulding Heat treatment processes Boiler rooms Maintenance activities

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Hazard

Exposure to excessive workplace temperatures and radiant heat from machinery or industrial processes resulting in heat stress, dehydration, heat exhaustion, or heatstroke.

Persons at Risk

Production operatives Machine operators Welders Fabricators Foundry workers Maintenance engineers Forklift operators Quality inspectors Supervisors Cleaning staff Contractors Visitors

Vulnerable Workers

Young workers Older workers Pregnant employees Employees with underlying medical conditions New starters Employees returning from illness Workers required to wear extensive PPE Lone workers

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Manufacturing Heat Hazards

High ambient temperatures Radiant heat from furnaces and ovens Molten metal operations Welding arcs Hot machinery Steam and hot pipework Poor ventilation Enclosed production areas Heavy physical work Prolonged standing Shift work during hot weather High humidity Protective clothing restricting heat loss Inadequate hydration

Possible Consequences

Dehydration Heat rash Muscle cramps Fatigue Reduced concentration Slower reaction times Heat exhaustion Heatstroke Burns due to reduced alertness Machinery accidents Slips, trips and falls Reduced productivity Increased absenteeism

Existing Control Measures

Risk Management

Heat stress risk assessment completed. High-temperature work areas identified. Hot weather procedures implemented. Workplace temperatures monitored where appropriate. Vulnerable workers identified.

Engineering Controls

Local exhaust ventilation (LEV) maintained. General mechanical ventilation provided. Air conditioning installed where reasonably practicable. Roof extraction fans operational. Heat shields fitted to hot machinery. Insulation installed on hot pipework and equipment. Doors and vents opened where safe to improve airflow.

Administrative Controls

Heavy work scheduled during cooler periods. Job rotation used to reduce prolonged heat exposure. Additional rest breaks provided. Employees encouraged to report symptoms immediately. Supervisors monitor employee wellbeing throughout shifts.

Hydration

Cool drinking water available throughout the workplace. Water stations positioned close to work areas. Employees encouraged to drink water regularly. Electrolyte replacement drinks available where appropriate.

Personal Protective Equipment (PPE)

Lightweight flame-resistant clothing used where suitable. Heat-resistant gloves provided. Face shields and eye protection maintained. PPE reviewed to ensure it provides necessary protection while minimising heat burden. PPE inspected regularly.

Welding and Hot Work

Welding screens positioned correctly. Ventilation maintained during welding operations. Hot work permits followed where required. Additional breaks provided during prolonged welding tasks.

Foundry and Furnace Operations

Radiant heat barriers installed. Workstations positioned to reduce heat exposure. Mechanical handling equipment used to reduce physical effort. Cooling fans installed where safe. Exposure time limited where practicable.

Machinery

Machines maintained to prevent unnecessary heat generation. Guarding maintained. Cooling systems serviced. Emergency stop systems tested.

Training

Employees receive training covering:

Heat stress awareness Hydration Heat exhaustion Heatstroke Safe use of PPE Emergency arrangements Reporting procedures

Supervisors receive additional training on monitoring workers for signs of heat-related illness.

Additional Control Measures Required

Action Required	Responsible Person	Target Date	Completed

Emergency Procedures

Heat Exhaustion

Symptoms

Heavy sweating Weakness Headache Dizziness Nausea Muscle cramps Pale, clammy skin

Action

Stop work immediately. Move the individual to a cool area. Remove unnecessary PPE where safe. Provide cool drinking water. Cool the body using fans or damp towels. Monitor until symptoms improve. Seek medical advice if symptoms persist.

Heatstroke (Medical Emergency)

Symptoms

Collapse Confusion Loss of consciousness Seizures Hot skin Very high body temperature

Action

Call 999immediately. Begin rapid cooling using cold water, ice packs, or wet towels. Move the casualty to a cool environment. Monitor breathing and responsiveness. Do not leave the casualty unattended.

Monitoring

Supervisors should:

Monitor workplace temperatures during hot weather. Check ventilation systems are functioning correctly. Observe employees for signs of fatigue or heat stress. Ensure drinking water supplies remain available. Record heat-related incidents and near misses. Review control measures during prolonged periods of high temperatures.

Risk Assessment Review

Review this assessment:

Annually Before summer months Following equipment or process changes Following any heat-related illness After installation of new machinery During periods of prolonged hot weather

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Residual Risk Rating

Likelihood	Severity	Overall Risk
Low	Moderate	Low

Relevant UK Legislation

This assessment supports compliance with:

Health and Safety at Work etc. Act 1974 Management of Health and Safety at Work Regulations 1999 Workplace (Health, Safety and Welfare) Regulations 1992 Provision and Use of Work Equipment Regulations 1998 (PUWER) Personal Protective Equipment at Work Regulations 1992 (as amended) Control of Substances Hazardous to Health Regulations 2002 (where heat-producing processes involve hazardous substances)

Assessor Declaration

I confirm that this assessment has been completed and that suitable control measures have been identified to minimise the risk of heat stress within the manufacturing environment.

Assessor:_____

Signature:_____

Date:_____

Review Record

Review Date	Changes Made	Reviewed By

Office Heat Stress Risk Assessment

Risk Assessment Details

Item	Details
Company	
Office Location	
Department	
Assessment Date	
Assessor	
Review Date	

Activity

Office-based work undertaken during periods of hot weather, including:

Administrative duties Computer and DSE work Call centre operations Meetings and training sessions Reception duties Home working Hybrid working Facilities and office support activities

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Hazard

Exposure to excessive indoor temperatures resulting in heat stress, dehydration, fatigue, reduced concentration, heat exhaustion, or heatstroke.

Persons at Risk

Office employees Reception staff Administrative staff Managers Directors Call centre employees Facilities staff Home workers Contractors Visitors

Vulnerable Workers

Pregnant employees Older workers Young workers Employees with cardiovascular or respiratory conditions Employees taking medication affected by heat Employees with disabilities Employees returning from illness Employees working alone Employees with limited mobility

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Office Heat Hazards

High indoor temperatures Air conditioning failure Poor ventilation Heat gain through windows Direct sunlight on workstations Heat generated by office equipment Overcrowded work areas Prolonged DSE work without breaks Inadequate hydration Home working in poorly ventilated rooms Long meetings in warm environments

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Possible Consequences

Dehydration Headaches Fatigue Reduced concentration Eye strain Irritability Reduced productivity Increased errors Heat exhaustion Heatstroke (in extreme cases) Increased risk of workplace accidents

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Existing Control Measures

Risk Management

Heat stress risk assessment completed. Weather forecasts monitored during periods of hot weather. Business continuity plans include arrangements for extreme temperatures. Vulnerable employees identified and supported.

Temperature Control

Air conditioning systems maintained and serviced. Mechanical ventilation systems inspected regularly. Windows opened where safe and practical. Blinds or curtains used to reduce solar heat gain. Portable fans provided where appropriate. Office temperatures monitored during hot weather.

Work Organisation

Flexible working hours considered during heatwaves. Employees encouraged to take regular breaks away from DSE workstations. Meetings kept as short as practicable in warm conditions. High-occupancy rooms monitored for comfort. Workloads reviewed where excessive heat affects employee wellbeing.

Display Screen Equipment (DSE)

Employees encouraged to take regular screen breaks. Workstations positioned away from direct sunlight where possible. Glare reduced using blinds or screen adjustments. Employees reminded to maintain good hydration throughout the working day.

Hydration

Cool drinking water readily available. Water dispensers maintained and replenished. Employees encouraged to drink water regularly rather than waiting until they feel thirsty. Facilities for preparing cold drinks available.

Personal Comfort

Relaxed dress code during periods of hot weather where appropriate. Lightweight clothing permitted, provided it remains suitable for the work undertaken. Employees encouraged to avoid prolonged exposure to direct sunlight during breaks.

Home Working

Managers should:

Remind home workers to maintain a comfortable working environment. Encourage regular breaks and hydration. Advise employees to improve ventilation by opening windows or using fans where safe. Consider flexible working hours if home temperatures become excessive. Encourage staff to report any concerns affecting their health or ability to work safely.

Training

Employees receive information on:

Heat stress awareness Staying hydrated Recognising symptoms of heat exhaustion Safe home-working practices during hot weather Reporting concerns Emergency procedures

Managers receive additional guidance on recognising signs of heat-related illness and supporting vulnerable employees.

Additional Control Measures Required

Action Required	Responsible Person	Target Date	Completed

Emergency Procedures

Heat Exhaustion

Symptoms

Heavy sweating Dizziness Weakness Headache Nausea Muscle cramps Fatigue

Action

Move the employee to a cool area. Encourage them to rest. Provide cool drinking water. Cool the skin using fans or damp towels. Monitor their condition. Seek medical advice if symptoms do not improve.

Heatstroke (Medical Emergency)

Symptoms

Confusion Collapse Loss of consciousness Seizures Very high body temperature Hot, flushed skin

Action

Call 999immediately. Move the casualty to a cool environment. Begin rapid cooling using cold water, wet towels or ice packs. Continue cooling until emergency services arrive. Do not leave the casualty unattended.

Monitoring

Managers and supervisors should:

Monitor indoor temperatures during hot weather. Ensure air conditioning and ventilation systems are operating effectively. Encourage employees to report discomfort or symptoms early. Check that drinking water remains available throughout the day. Review arrangements for home workers during prolonged heatwaves. Record heat-related incidents and review control measures where necessary.

Risk Assessment Review

Review this assessment:

Annually Before the summer period Following any air conditioning or ventilation failure After any heat-related illness Following office refurbishment or relocation During prolonged periods of unusually high temperatures

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Residual Risk Rating

Likelihood	Severity	Overall Risk
Low	Moderate	Low

Relevant UK Legislation

This assessment supports compliance with:

Health and Safety at Work etc. Act 1974 Management of Health and Safety at Work Regulations 1999 Workplace (Health, Safety and Welfare) Regulations 1992 Health and Safety (Display Screen Equipment) Regulations 1992 (as amended) Personal Protective Equipment at Work Regulations 1992 (where applicable)

Assessor Declaration

I confirm that this assessment has been completed and that appropriate control measures have been identified to minimise the risks associated with heat stress in office and home-working environments.

Assessor:_____

Signature:_____

Date:_____

Risk Assessments – Heat Stress

Review Record

Review Date	Changes Made	Reviewed By