



Heat Stress Newsletter & Survey Results So Far

July 2023

Ethical Bulletin

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Heat Stress

Heat stress is what happens when the body's ability to control its internal temperature starts to fail!

Factors that increase the risk of this occurring include air temperature, lack of access to water, work rate, humidity, and the types of clothing worn.

Symptoms of heat stress:

- ≈ An inability to concentrate
- ≈ Fainting
- ≈ Heat Rash
- ≈ Heat Stroke (vomiting)
- ≈ Muscle cramps
- ≈ Severe thirst
- ≈ Heat exhaustion – fatigue, dizziness, nausea, headache

Ways to reduce Heat Stress:

- ≈ Risk assess workers who may be at a higher risk of heat stress (e.g. medical conditions, pregnant workers, inexperienced workers etc.)
- ≈ Make sure workers always have access to water
- ≈ Change working hours to reduce working time in the heat
- ≈ Use Protective clothing that is light and breathable
- ≈ Consider work / job rotation during the shift to decrease the amount of time employees spend in the hot environment
- ≈ Supply sun cream to workers where possible or at least promote the use of sun cream by workers
- ≈ Provide easy access to toilets so not to prevent workers from drinking
- ≈ Train workers on the risk of heat stress, what symptoms to look out for and what to do if an issue arises
- ≈ Allow additional mini breaks to allow workers to cool down
- ≈ Advise Packhouse workers to wait a few minutes in reception areas before walking outside into heat



Heat Stress Survey

We would like to understand what measures you have in place to protect workers in high temperature working conditions. We have made this multiple choice to make it quicker to complete. This will help us to identify those suppliers / growers who require additional help to mitigate the risk to workers of heat stress.

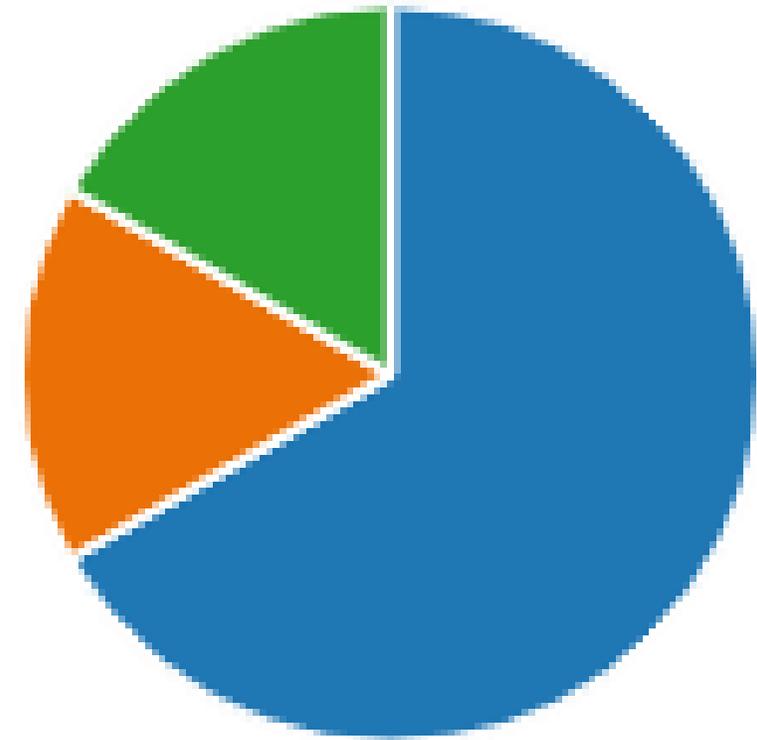
[Start now](#)

The banner features a dark blue background with a blurred image of a financial market data screen. The screen displays various stock market indicators, including "Strong Buy", "Buy", "Sell", and "Worst Sell Price" for different indices like OMXC25, AEX, OMXBGA, and OMXEX. A white line graph is overlaid on the data. A white button with the text "Start now" is positioned in the bottom left corner of the banner.

Does your health and safety risk assessment cover temperature exposure by workers in the field?



	Yes - has been a risk for some time
	Yes - has only just been added for the 2023 season
	No - but are in the process of risk assessing
	No
	Unknown



Have you considered vulnerable groups in your risk assessment?



	Pregnant workers
	Workers with medical conditions (e.g. diabetes / hypertension / cancer)
	Inexperienced workers
	Other - n/a!



Do you change the following in high temperatures?



	Start times
	Reduced hours worked
	Increase the number of breaks
	Other – advice on wearing hats and what clothing to protect them, providing sunscreen





Do you provided the following for field workers?

	Access to water at all times of the harvest
	Access to water at specific breaktimes during harvest day
	Easy access to toilets
	Clothing / equipment specific to protection from heat
	Training on how to identify heat stress

	Training on how to raise concerns of heat stress
	First Aid training on how to treat heat stress
	Supply sunscreen lotion
	Shaded area near to harvest where workers can rest
	Other – toolbox talks, supply sunscreen

