

# Essential Steps: Extreme Heat

**\$7  
BILLION**

estimated in  
productivity losses  
from heat stress  
in 2013-2014<sup>1</sup>

**5,332  
PEOPLE**

were killed  
by extreme heat  
events between  
1844 and 2010  
(more than any  
other natural  
hazard)<sup>2</sup>

**13  
FATALITIES**

(work-related)  
between 2001  
and 2013 were  
from exposure to  
environmental  
heat<sup>3</sup>

## Steps to safety

**01**

Reschedule work  
so that tasks can  
be performed  
during cooler parts  
of the day.

**02**

Use  
air-conditioners,  
coolers or fans  
to reduce air  
temperature and  
generate air  
movement.

**03**

Have plenty  
of cool drinking  
water on hand.

**Refer to the relevant safety authority in your jurisdiction  
for further information**

1. <https://www.nature.com/articles/nclimate2623>

2. <http://www.sciencedirect.com/science/article/pii/S1462901114000999>

3. <http://www.safework.nsw.gov.au/media/publications/health-and-safety/working-in-extreme-heat-the-facts>

