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Media Release

Stay heat safe on mine sites

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As the weather warms up, workers face an increased risk of developing heat stress.

The NSW Resources Regulator has developed a video campaign to help workers on mine sites recognise the signs of heat stress and other heat-related illness.

“Heat stress can happen quickly and can be dangerous,” said NSW Resources Regulator Principal Inspector Russell Wood.

“It happens when our body’s cooling system can’t keep up with the heat and can cause other heat-related illnesses such as heat exhaustion, heat stroke, and heat cramps. Recognising the early warning signs is crucial.”

Early warning signs include:

- dizziness
- increased sweating and heat rash
- fatigue
- headache
- confusion
- fast and shallow breathing
- loss of appetite
- fainting
- nausea or vomiting
- cramps

- muscle pains and/or spasms and/or weakness

Tips for preventing heat stress include:

- Stay Hydrated: Drink plenty of water before and while you are working.
- Take Breaks: Operators must ensure staff have adequate rest and rostering patterns
- Use mechanical aids to minimise physical exertion

Operators also must have ventilation systems that consider and address heat loading from mining equipment.

Mr Wood said proper preparation and using common sense can make a big difference when working in the heat.

“We hope mine workers and operators watch and share our video, and watch out for one another over the summer months,” Mr Wood said.

“Mining presents specific challenges when it comes to the heat, but everyone deserves to be safe and healthy at work.

“By staying hydrated, taking breaks, and staying informed, we can beat the heat together.”

To view the campaign video and information visit: <https://youtu.be/0kgk57NwQ5k>

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