

Hot Weather

Issued to: **Network Rail line managers, safety professionals and accredited contractors**

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Location: National



Overview

The weather is forecast to be very hot over the coming few days.

This alert is to help you and your teams to stay as 'safe, fresh and alert' as possible.

Please note the temperatures shown and the required actions. Additional controls can be found on the Network Rail sharepoint site [Hot weather safety \(sharepoint.com\)](#)

You can use this and information from the HSE sites (see below) to produce some advice.

[HSE - Thermal comfort: The six basic factors](#)

[HSE - Thermal Comfort: Homepage](#)

[HSE - Thermal comfort: Controlling](#)

- **25- 27 degrees** – line managers need to review and take heat related mitigations as need (provide sufficient water, encourage keeping exposed areas of skin covered and providing sun screen)
- **27- 30 degrees** – As above and line managers need to review activities undertaken and implement controls (review of activities undertaken, minimising staff exposure as well as controls above)
- **30 degrees+** – IMDM or equivalent to determine essential activities and mandate controls (as defined above)

Tips to stay cool

- Stay hydrated by drinking plenty of fluids.
- Avoid dehydrating liquids. Alcohol, coffee, tea and caffeinated soft drinks can hurt more than help.
- Pace yourself. Slow down and work at an even pace. Know your own limits and ability to work safely in heat.
- Reduce your time in the sun during peak hours (11am - 4pm).
- Take frequent breaks. Take time for rest periods and water breaks in shaded or cooler areas, where possible.
- Avoid getting sunburn. Cover up, use sunscreen and wear a hat if working outside.
- Be alert to signs of heat-related illness. Know what to look for and check on other colleagues that might be at high risk.