

Summer Safety Reminder: Heat & Fire Risks

Guidance for Bay Building/LINX teams, estimators, and contractors.

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As summer heat continues, please be aware of guidelines for heat stress prevention and Total Fire Ban days.

UV Protection & Heat Stress Prevention:

- Wear appropriate clothing: long-sleeve shirts, hats, sunglasses, and sunscreen.
- To avoid heat stress (symptoms include nausea, dizziness, or weakness), follow these tips:
 - Schedule heavy tasks for cooler times.
 - Take frequent breaks and drink water (200ml every 15-20 minutes).
 - Rest in shaded areas and use mechanical aids for heavy tasks.
 - Rotate tasks to avoid prolonged sun exposure.
 - Avoid working in confined or hot spaces, especially alone.
 - Follow first aid training for heat-related illnesses.



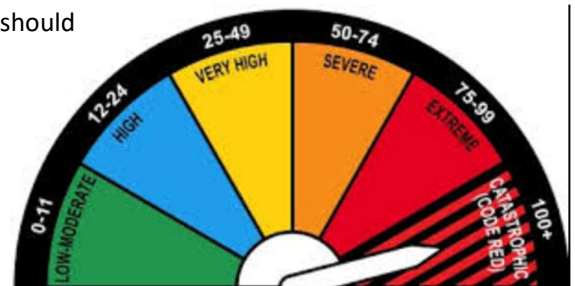
Fire Ban Days:

- On Total Fire Ban days, the following activities are prohibited:
 - Welding, grinding, gas cutting, chainsaws, and open fires.
 - Avoid driving through vegetation or using heat-powered equipment near crops.
- Listen for local fire updates on the radio.



Code Red/ Catastrophic Danger:

- If the fire rating is Code Red or Catastrophic, no workers should attend the site unless authorized. If already onsite:
 - Follow local authority advice.
 - Tune into emergency radio.
 - Notify your manager and seek a safe place.



Stay safe and hydrated and follow all safety protocols!