

CASE STUDY 1: THERMAL STRESS IN A BAKERY

Possible actions which could be taken to reduce the risk of thermal stress to the workers include:

1. Improving the air conditioning system.
2. Installing local exhaust ventilation above the ovens to reduce heat build-up in their immediate vicinity.
3. Provide appropriate training so that workers are aware of the signs of thermal stress.
4. Organisation of work to allow appropriate rest breaks.
5. Staff to be encouraged to maintain their fluid intake.
6. Any change in medical status (eg employee taking prescribed medication) to be notified and medical advice regarding their fitness for work sought if doubt exists.