



# Health and Safety Bulletin

**To:** Heads of Department/Section, Executive Deans, HSLOs and DHSOs, Faculty Managers.

## Hot weather and high temperature alert

The Met Office have issued [Red and Amber Extreme Heat Alerts](#) and a [Heat Health Alert](#) for hot weather. As we are expecting unusually high external temperatures, we would like to remind you that we have guidance on [temperature and thermal comfort](#) on the University Staff Directory. The online guidance provides a useful resource to help plan and implement control measures for staff members that work in hot or humid environments.

The University Staff Directory (link above) gives guidance on managing risks from the sun and hot, humid conditions. A link to the [IOSH No Time to Lose](#) campaign on solar radiation has also been included. It gives access to free resources to assist with raising awareness of the risks, including posters, pocket cards, leaflets, and toolbox talks.

The University Staff Directory also gives guidance on management and administrative controls along with information on what to do if there is an ongoing problem with temperature control. Additionally, the Health and Safety Executive (HSE) has advice available on [controlling thermal comfort](#).

**Monitoring the weather forecast:** Regular updates are provided by national weather monitoring services; it is recommended that managers monitor the temperature forecast and adjust job tasks and implement control measures as needed, including additional rest breaks and time for hydration.

If staff members have concerns about working in the heat over the next week staff can talk to their line manager who may be able to suggest alternatives such as changing working patterns, including working from home, or working in different locations. We recognise that this approach will not be possible for everyone and staff members that work outside or undertake very strenuous activities could have job tasks reviewed or rescheduled as appropriate.

If you would like support with preparing for the period of unusually high external temperatures please contact Workplace Health, Safety and Wellbeing on [safety@essex.ac.uk](mailto:safety@essex.ac.uk) or by calling 01206 87 2944.

**15 July 2022**

**Safety alert**

**For Action**