

HEALTH AND SAFETY WHILE WORKING IN WARM WEATHER



Risks



Sunburns



Sunstroke



Hyperthermia

CAUTION: Certain circumstances and conditions expose you to further risk



Symptoms



Fatigue and reduced concentration



Headache



Dizziness



Nausea, vomiting



Drowsiness, fainting



Elevated heart rate



Muscle cramp



Excessive sweating or not sweating at all



Pallidness



Dry, red skin



Measures

1. Before starting work



Acquire instructions



Apply sunscreen (factor 20+)



Start work early

2. During work



Bring drinking bottle to workplace*



Drink water regularly
(Caution: not too cold and plenty of minerals)



Apply sunscreen every two hours



Keep an eye on each other



Ensure adequate rest when performing physical labour



Seek immediate assistance should you experience any symptoms



PPE for safety



Cap with neck flap or other headgear



Breathable clothing



Call in the event of emergency

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**Do you work with hazardous substances?
Then check with your supervisor about the rules*