



# AT WORK, A COOL HEAD TO BEAT THE HEAT



## MEASURES TO BE TAKEN BY THE COMPANY

### ORGANISE WORK



Ensure the working population exposed to high temperatures is acclimatised before starting to work.



Schedule the most strenuous tasks for the days and times of day when there is less heat, and do not let people work alone.



Allow workers to adapt the rhythm at which they work to their ability to withstand heat and permit more frequent breaks.



### BE READY FOR HEAT STROKE



Design a procedure for action in the event of high temperatures.



STOP the task if someone is experiencing cramp, dizziness, fatigue, nausea, etc.



Accompany him/her to a cool or air-conditioned place.



If the symptoms persist, call 112.

### HEALTH SURVEILLANCE



Guarantee specific health surveillance with special attention to vulnerable members of the working population due to chronic health conditions, certain medication, age, pregnancy, etc.

### TRAIN AND INFORM WORKERS ABOUT



The effects of high temperatures on the health.



The early warning signs of heat stroke.



Specific preventive measures.

### PROVIDE MEANS OF REHYDRATION AND PROTECTION FROM HIGH TEMPERATURES AND THE SUN



When work is performed indoors, ensure suitable ambient conditions for the work to be carried out.



For outdoor work, provide light clothing, baseball caps or sun hats, sunglasses and sunscreen.



Set up air-conditioned or shaded places for breaks and washrooms and changing rooms with showers.



Provide cool water.



Provide shaded parking areas.



## MEASURES FOR THE WORKING POPULATION

### ORGANISE YOUR WORK



Avoid strenuous tasks and working alone on the hottest days and at the hottest times of day.



Adapt the rhythm at which you work to your ability to withstand heat.



Rest at regular intervals in cool and shaded or air-conditioned areas.



### BE READY FOR HEAT STROKE



STOP working if you get muscle cramp or feel dizzy, nauseous or exhausted.



Go to a cool or air-conditioned place and inform a colleague or superior about the situation.



If the symptoms persist, call 112.

### PARTICULAR VULNERABILITY



If you are vulnerable to the heat due to chronic illness, medication, age, pregnancy, etc., it may be necessary to alter the work you perform: contact your prevention service.

### REHYDRATE



Drink water or isotonic drinks frequently without waiting to feel thirsty.



Avoid caffeinated or sugary drinks.

### PROTECT YOURSELF FROM HIGH TEMPERATURES AND THE SUN



Cool yourself off frequently with water and take a shower after strenuous work and at the end of the day.



Wear light clothing and, when working outdoors, wear a baseball cap or sun hat and sunglasses, and apply sunscreen.



Ventilate vehicles parked in the sun before starting to drive.

