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|  | **Company:** | | **Operating Instructions** | **Date:** | |  |
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|  |  |  |
|  | **Working area:** | | **Activity:** | **Signature:** | |  |
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|  |  |
|  | **DESIGNATION** | | | | |  |
|  | **Working Outdoors in Hot Weather** | | | | |  |
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|  | **DANGERS TO HUMANS AND THE ENVIRNOMENT** | | | | |  |
|  |  | ▪ Dangers associated with heat (temp. > 25°C), such as heat exhaustion, heatstroke, sunstroke and impaired concentration!   * Dangers associated with solar radiation, such as sunburn, increased risk of skin cancer and   conjunctivitis!  ▪ Dangers associated with ozone pollution, such as burning eyes, a sensation of irritation in the throat and pharynx, difficulty breathing and headaches!  ▪ Dangers associated with interactions of ultraviolet radiation with some chemicals, such as  hypersensitivity reactions of the skin (phototoxic/photoallergic reaction) in  conjunction with some pesticides and UV radiation! | | |  |  |
|  | **PROTECTIVE MEASURES AND RULES OF CONDUCT** | | | | |  |
|  |  | ▪ Wear bright, lightweight and loose clothing which is impervious to UV rays and breathable!  ▪ Wear light-coloured headgear!  ▪ Wear sunglasses with UV protection!  ▪ Use waterproof sun protection cream with a high sun protection factor (at least 25)!  ▪ Eat only light meals!  ▪ Drink regularly in sufficient quantities (before thirst develops)!  ▪ If possible, do not undertake physically heavy work in the midday heat!  ▪ Allow for work breaks!  ▪ At temperatures above 30°C in the shade, allow for an additional 5-minute work break per hour!  ▪ At temperatures above 35°C in the shade or above 32°C in humid conditions (humidity above 75%), allow for an additional work break of 15 min. per hour!  ▪ Spend the work breaks in the shade! | | |  |  |
|  | **WHAT TO DO IN THE CASE OF HEALTH PROBLEMS:** | | | | |  |
|  |  | ▪ **Watch for symptoms!**  ▪ Heat exhaustion: profuse sweating, weakness, dizziness, intense thirst, nausea,  palpitations, body temperature normal to slightly increased!  ▪ Heatstroke: profuse sweating, weakness, dizziness, intense thirst, nausea, palpitations,  Body temperature, usually about 41°C, dry red skin, confusion, light headedness,  loss of consciousness!  ▪ Sunstroke: bright-red hot head, cool body skin, nausea, vomiting, restlessness,  headache, neck stiffness, clouding of consciousness!  **▪ At the first sign of symptoms:**  ▪ Stop work, move to a shaded area under accompaniment, take in fluids,  lie down if dizziness is experienced! | | |  |  |
|  | **WHAT TO DO IN THE CASE OF ACCIDENTS – FIRST-AID – EMERGENCY TEL. NO. 112** | | | | |  |
|  |  | ▪ Accompany the affected person to a shaded area!  ▪ Cool the head and neck with wet cloths!  ▪ In the case of sunstroke: support the head in a raised position!  ▪ In the case of heatstroke: call the emergency doctor, cool the arms and legs with wet cloths,  supply liquids!!  ▪ If the patient is unconscious: Check breathing, apply cardiopulmonary resuscitation if necessary, place in the recovery condition! | | |  |  |
|  | **CONSEQUENCES OF NON-COMPLIANCE** | | | | |  |
|  |  | ▪ Health consequences: burns, illness, permanent damage, death! | | |  |  |
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