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|  | **Company:** | **Operating Instructions** | **Date:** |   |
|   |   |
|   |  |   |
|   | **Working area:** | **Activity:** | **Signature:** |   |
|   |   |
|   |   |
|   | **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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