



Series of flyers
Education for Better Health Protection and Safety at Work

ADVICE FOR HEAT STRESS AVOIDING

- Perform hard physical work with machinery and devices
- Avoid work during the warmest day periods
- Provide enough rest periods
- Provide shade protecting from direct sun exposure
- Drink water even when not thirsty
- Wear lightweight, cotton clothing (if possible)
- Apply sunscreen (UV protection)
- Wear sunglasses (minimal protection UV 400)
- Train workers to recognize early signs of heat stress
- Avoid alcohol, coffee and caffeinated beverages

NEVER NEGLECT FIRST SIGNS OF HEAT STRESS !!!



REST

For those who want to learn more:

http://www.hzzsr.hr/doc/news_prilozi/doc_1341233124_1.pdf

Image sources

<http://www.bjelovar.info/index.php/cyberwall/>
<http://www.todayfacilitymanager.com/2011/07/worker-summer-safety-tips>
<http://www.djc.com/blogs/NutsAndBolts/?p=406>
<http://blog.primepay.com/payroll-business-experts-blog/bid/78013/Sun-and-Heat-Exposure-Arrest-and-Conviction-Records>
<http://medical.yourdictionary.com/articles/definition-heat-stress.html>
<http://www.microtechcontracting.com/>
<http://www.crveni-kriz-cakovec.hr>
<http://www.adam.com>

WORKING OUTDOORS IN HOT WEATHER



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RISK FACTORS AT WORK

- High air temperature and humidity
- Working in direct sun
- Hard physical work
- Long staying outdoors exposed to high temperatures
- Working clothing that disturbs sweat evaporation



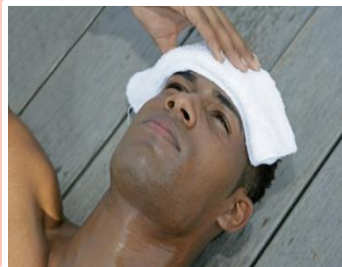
EARLY SYMPTOMS OF HEAT STRESS

- Headache
- Dizziness / unconsciousness
- Irritability / anger / mood disorder
- Fatigue
- Heavy sweating
- Muscle cramps or weakness
- Very rapid breathing and high heart rate



HEALTH CONSEQUENCES

- Dehydration
- Temporary heat fatigue
- Heat cramps
- Heat exhaustion
- Heat stroke
- Sun stroke



FIRST AID FOR A PERSON SUFFERING HEAT STROKE OR SUN STROKE

When a person is conscious



When a person has lost consciousness

