

WHAT CAN YOU DO?

The main principles of how to protect yourself from heat stress



Take a work **BREAK TO COOL DOWN** your body

If possible, take a short break to cool your body in a cooler or shaded area or in an air-conditioned room.



Observe the **DRINKING REGIME**

Drink often, even before you feel thirsty. Preferably drink pure water. Avoid caffeinated, sweetened and fizzy drinks.



Care for your **HEALTH CONDITION** and that of your colleagues

Ask a colleague how he or she is feeling today, and monitor his or her health and your own to see if you are experiencing any symptoms of hot flushes.



Upon returning from an extended absence, follow the **ACCLIMATISATION PROGRAMME** set by your employer

Do not overwork yourself. Do not try to catch up with colleagues who have already completed their acclimatisation programme.



WHEN WORKING OUTDOORS in the summer months, don't forget your headwear, sunglasses and sunscreen.



PLAN your work for a convenient time

If possible, plan to work in the cooler parts of the day, e.g. early morning or later afternoon.



Be aware of the **WEATHER AND WARNINGS** when you have to do your job

Pay attention to the weather forecast and the early warning system set up by your employer for heat waves.



If OHS rules permit, wear loose, breathable and light-coloured clothing

Light-coloured clothing reflects the sun heat better. Cotton clothing can be dampened to keep you cool.