



LEARN HOW TO RECOGNISE HEAT STROKE

- Muscle cramps
- Headache
- Sweating more than usual
- Nausea
- Heart rate faster than usual
- Panting
- Blurred vision

To keep up to date with the weather forecast, click arpa.e.it/calore [workclimate.it/scelta-mappa](http://arpa.e.it/workclimate)

To find out more, consult the document entitled "PREVENTING THE RISK OF HEAT STRESS IN WORK ENVIRONMENTS" by the **Emilia-Romagna Region Coordination Committee** established under art. 7 of Italian legislative decree 81/08, with which this material has also been shared.



Multilingual material
Texts prepared in conjunction with
Bologna local health authority



SERVIZIO SANITARIO REGIONALE
EMILIA-ROMAGNA



PREVENT RISKS ASSOCIATED WITH HIGH TEMPERATURES ON CONSTRUCTION SITES

“ Heat waves, i.e. periods of very hot weather, are increasingly frequent and prolonged during the summer months. At these times, the human body is exposed to **heat stress**, and **people working outdoors**, such as construction workers, are at greater risk due to direct exposure to solar radiation and intense physical exertion. Certain health conditions or **dehydration** can increase health risks and the risk of accidents ”

“ The implementation of a few simple **preventive measures** by workers and employers, on the basis of an assessment of the risk associated with high temperatures, can help prevent conditions of physiological stress and avoid the serious consequences of such stress. ”

FOR WORKERS

Drink little and often, even if you do not feel thirsty



Eat light foods

Do not drink alcohol



Wear lightweight, light-coloured clothing

Do not work bare-chested

Do not work bare-headed



Take **breaks in shaded areas** even if you do not feel tired

Cool yourself down from time to time by splashing yourself with water



If possible, **do not work alone**

If you feel unwell, tell your colleagues, move to a cool place, splash yourself with water



FOR EMPLOYERS

HOW TO ORGANISE THE CONSTRUCTION SITE



Use the **coolest hours of the day** to carry out work operations in the sun

When operating in hot conditions, step up the workload gradually, so as to enable workers to acclimatise



Plan shift changes for the most strenuous work tasks

Plan frequent short breaks



Provide shaded areas

Provide drinking water at room temperature or that is not too cold



Avoid assigning workers to work alone

Provide breathable, light-coloured clothing

Take care of workers with **specific requirements**



Inform your workers of the preventive measures **in place** and help them adhere to them!