

IN CASE OF HEAT STROKE



Contact a FIRST AID worker and consider calling 118 Medical Emergency Service



Take the person to a cooler, drier place



Remove or loosen the person's tight clothes and ensure air circulation



If he or she is conscious, make the person drink fresh water in small sips



Apply cool cloths or compresses to the wrists, ankles, groin, nape of neck, and armpits



SIGNS OF INITIAL HEAT STROKE

- Lack of appetite
- Dizziness or fainting
- Headache
- Ringing in the ears
- State of unrest, confusion
- Muscle cramps
- Fluttering heartbeat
- Difficulty in breathing
- Increased body temperature

EXPOSURE TO SUN AND SKIN CANCER

Working in the sun has serious risks for the development of skin cancer (above all, melanoma tumours). Follow the rules below to prevent skin cancer:

- Avoid **direct exposure to the sun's rays** during the hottest hours of the day (11 a.m. to 4 p.m.) as much as possible; otherwise, wear **appropriate clothing and headgear that does prevent rays from passing through**.
- Use **sunscreens** (protection factor +30) in appropriate amounts and apply several times daily
- Prevention is completed by **regular self-observation**: whenever changes are observed in moles on the skin (e.g., increased size/change in colour etc.), contact the physician.



REGIONE DEL VENETO

**VIVO
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THEMED REGIONAL
CONSTRUCTION INDUSTRY WORK
GROUP



FOR MORE DETAIL:



AT THE CONSTRUCTION SITE
SUMMER HEAT AND WORKERS

EMPLOYERS

- The unified body of law on workers' health and safety (Legislative Decree 81/2008) includes among the employer's obligations the assessment of “all risks to the safety and health of workers”, including those regarding “groups of workers exposed to special risks” and thus also the risk of heat damage from work conducted outdoors during periods of intense summer heat
- The workers most exposed are those who work on building or road construction sites

Checking temperature and humidity

- Whenever intense heat is expected, the most important thing to do every day is to check weather conditions and the forecast. At least two parameters should always be evaluated: air temperature and relative humidity. Days when **temperature in the shade is expected to exceed 30° and relative humidity is expected to exceed 70%** must be considered days at risk.

Information and training

- Ensure sufficient and adequate information and training on the effects of heat to workers while respecting gender differences. Whenever migrant workers are involved, first make sure that they understand the language used for training.

Adequate rest areas

- Provide **shaded or cool areas** for rest breaks.

Work organization

- Arrange work schedules, shifts, and breaks as follows to minimize risk:**
 - Vary work hours to take advantage of less hot hours, scheduling heavier work during cooler hours
 - Rotate the shifts of workers exposed to heat
 - Schedule operations to ensure that work is always done with the least exposure to sun
 - Avoid making workers work alone without another nearby for reciprocal control

Hydration

- Provide **fresh water** for both drinking and dampening the skin.

Health surveillance

- Whenever specified, employers must ensure health surveillance that assesses the health status of at-risk workers, especially those with chronic conditions or under medication, and for whom special precautions must be taken (heart patients, asthmatics, and chronic bronchopaths, hypertensives, diabetics, obese).

EMPLOYEES

- Feeling sick while working in the heat is a serious warning sign.
- Any worker who reports feeling sick while working in the heat runs the risk of heat exhaustion. This clinical situation can rapidly lead to heat stroke if not treated quickly.



Checking temperature and humidity

- Drink approx. one litre of water every hour. This means one glass every fifteen minutes! Remember to drink *before* you're thirsty!
- Make limited use of sports energy drinks. They can have negative effects!



Rest breaks

- Alternate time spent working with **pause times in sheltered places**



Clothing

- Wear **light-weight clothing** made of breathable, light-coloured natural fibres
- **Dampen your skin** with cool water to disperse heat. **Do not work in bare skin.** Wear headgear with a visor or wide-brimmed hat and sunglasses



Diet

- Avoid foods high in fat and salt that slow down digestion and raise the risk of heat stress. Consume **adequate meals rich in fruits and vegetables.** Avoid consuming **alcoholic beverages** and limit smoking.

In the event of a **weather emergency**, workers will be able to access the **hourly layoff fund**. Until 31 December 2024, suspensions/reductions in work hours will not be included in calculating the 52 weeks of the CIGO ordinary continuative layoff fund over the two-year period