

# PRACTICAL TIPS FOR WORKING IN WARM OR HOT CONDITION

## How to Protect Yourself?



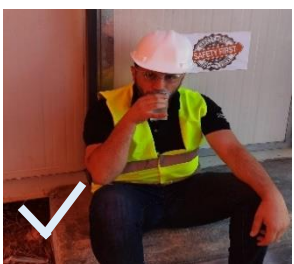
### Gears:

Select the right gear based on the conditions you are facing. Wear head gear to protect your head from the heat and wear protective (sun) glasses to prevent the risk of being temporary blinded causing dangerous situations that can lead to falling



### Drink Enough Liquids:

The human body runs on fluids. Being properly hydrated is the most important factor to withstand the power of the sun. Make sure you take breaks regularly to drink, preferably water. Never drink alcohol while working at height



### Go Inside:

Even when properly prepared, take a break from your work every now and then and go inside or look for a shady spot. Have a (cold) drink and take the time to rest before heading back out in the sun.



### Skin Protection:

A heat stroke starts with a sun burn. Your skin has been exposed to sunlight for a longer period and has absorbed too much heat causing a burning feeling and a (red) look. Be sure to use proper skin protection on all exposed limbs before heading out, wear long pants and/or a shirt with long sleeves.

The fact that it is not necessarily an indication that it is dangerous to work outside. The most important factor to take into account is the sun. One of the main risks when working in open or unprotected area is that someone can get a heat stroke, also called heat illness. A heat stroke can have various effects on a person before really kicking in. Often starting with red or dry skin, followed by a headache and dizziness. All types of symptoms which are not welcome when you are working at heights.

### Heat stroke signs and symptoms:

1. High body temperature.
2. Altered mental state or behavior.
3. Alteration in sweating.
4. Nausea and vomiting.
5. Flushed skin.
6. Rapid breathing.
7. Racing heart rate.
8. Headache.



Safety Helmet



High Visibility Jacket



Protection Gloves



Eye protection



Foot protection



Safety Harness

Along with these practical tips, always ensure you comply with local (site) regulations regarding working at heights

