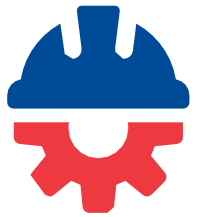


Good practices for managing **HEAT STRESS**



**Prevent Heat Stress
– Protect Health, Boost Safety**



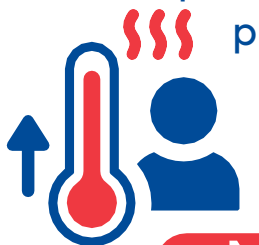
Work Organization

- Plan work based on heat – avoid peak heat hours – schedule the heaviest tasks for early morning or late afternoon.
- Scheduled breaks – provide regular breaks in shaded or cool areas.
- Task rotation – reduce time spent on strenuous tasks in hot environments. Work in pairs (buddy system).



Hydration

- Schedule regular hydration breaks. Drink water regularly – every 15–20 minutes in small amounts, even without feeling thirsty.
- Use electrolyte drinks during long or intense work sessions to replenish lost minerals.
- Make drinking water easily accessible, place water stations close to work areas, promote the use of refillable bottles.



Monitoring and Risk Assessment

- Measure temperature and humidity – monitor working conditions (e.g. using WBGT index) and implement a heat stress action plan along with heat alerts and warning systems.
- Individual risk assessments – consider age, fitness, medical conditions, and acclimatization.

Clothing and Equipment

- Cooling garments – e.g. vests with ice packs, evaporative cooling vests, helmets with cooling inserts or neck flaps.
- Cooling towels or neck wraps – reusable items that reduce body temperature.
- UV protection – use sunglasses and sunscreen with appropriate SPF.



Training and Awareness

- Train workers and supervisors – to recognize heat-related symptoms (e.g. headache, dizziness, nausea, confusion, hot skin) and how to respond: move to cool area, give water, apply cold packs, call for help).
- Warning signs– Watch out for excessive sweating, fatigue, confusion, fainting, high body temperature, or **absence of sweating** in extreme heat.



Technical Solutions

- Ventilation and cooling systems – use fans, air conditioning, or misting stations.
- Mobile cooling stations – tents with water, shade, and ventilation.
- For drivers: Use reflective sunshades and ventilated seat covers.