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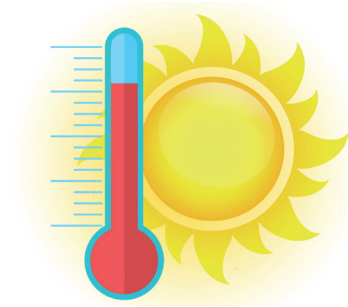
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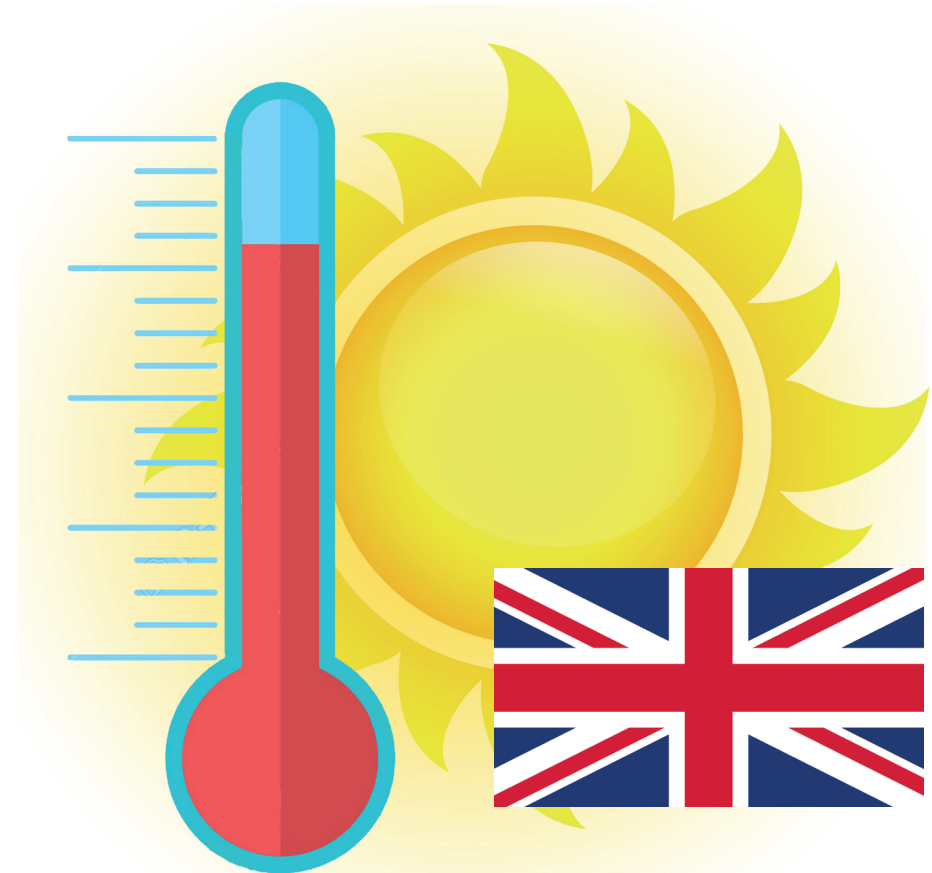
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RISK OF HEATSTROKE

How to avoid heat damage in agriculture, building sites
and roadworks.



Hazardous works



The Consolidated Law on workers' health and safety (Legislative Decree 81/08) establishes, among the obligations of the employer, the evaluation of "all the risks for employees' security and health"; including the risks for workers exposed to hazardous jobs", and also risks linked to heatstrokes while working outdoor during hot summer months. Those employees working in agriculture, building sites or roadworks are the most at risk

WHAT THE EMPLOYER HAS TO DO



1. Check temperature and humidity. The most important thing to do in hot days is to check the weather reports and weather conditions. Two parameters must be considered: air temperature and relative humidity. Days with more than 30°C temperature and 70% relative humidity must be considered at risk



2. Give the employees a proper training and information on the effects of heat stress. For foreign workers, before giving them a training test their comprehension of the language used



3. Provide fully shaded or air-conditioned areas available for rest.



4. Organise work schedules, shifts and breaks. Organise the work in order to minimise the risks.

- Change the work schedule to work more in the less hot hours of the day. Assign heavier work during the cooler hours of the day
- Adjust the work shifts to the most exposed employees
- Try to work in the most shaded areas
- Avoid isolated works, allowing workers to check on each other



5. Provide cool water to drink and refresh



6. Monitor the health of workers

The employer has to guarantee health screenings to evaluate the health condition of workers at risk. The employer should take extra precautions with employees taking medications or with chronic illnesses, such as heart diseases, asthma, chronic bronchitis, high blood pressure, diabetes and obesity

WHAT EMPLOYEES HAVE TO DO

The employee should begin the activity gradually in order to become acclimated to a hot environment, the ACCLIMATIZATION is the way in which the body adapts to the new climatic conditions; it takes from a few days to some weeks to complete.

1. Alternate work with breaks to cool down- breaks are mandatory
2. Drink plenty of water, in order to compensate for the loss of liquids caused by perspiration, refresh yourself with cold water to loose heat
- 3.3. Wear suitable clothes. Wear cotton, light-coloured, light-weighted, breathable clothing. Do not work with your bare skin exposed to sunlight because you will get sunburned. Wear a hat in order to protect your head and neck
4. Avoid heavy meals. Eat light meals, easy to digest. Choose pasta, fruit and vegetables over meat and sausages. Choose foods low in fats but high in sugar and mineral salts. Avoid drinking alcohol and smoking



SYMPTOMS OF HEATSTROKE



Heat exhaustion or heatstroke can develop quickly and the first the first signs of heat stress are often overlooked by the victim or by the colleagues. It is extremely important to know the signs of heat stress and the proper first aid treatment.

The earliest symptoms are:

Irritability, Confusion, Flushed/red hot skin, Severe thirst, Weakness, Muscle cramps

Following symptoms are:

Dizziness, Fatigue, Nausea and vomiting, Tremors and gooseflesh

The most serious consequences are:

Inability to concentrate , Collapse, Loss of consciousness and/or coma, During the collapse the temperature of the body can reach or exceed 42.2°C.



WHAT TO DO



Recognise the symptoms of a heatstroke and give a proper first aid treatment can really save a life.

Call immediately a responsible for First Aid and
Call 118

Move the employee to a cool, shaded area

Have the person lie down in case of dizziness

Move the person on his/her side in case of nausea

Remove unnecessary clothing

Wet the worker's skin with cold water and apply cold wet cloth on his/her head, neck, armpits and groin.

