



EXTREME HEAT DOUBLE RISK

Intense summer heat is dangerous for our health. Specifically, there are increased risks for those who work outdoors and, as the INPS (National Institute for Social Security) explains, in “any type of labor which, in general, takes place in areas where there is no shelter from the sun or involving the use of materials or operations that are not suited to extreme temperatures.” Being aware of initial signs and acting quickly is essential to prevent heatstroke and other heat-related illnesses.

1 HEAT-RELATED ILLNESSES, STOP AT THE FIRST SIGNS!



1 WARNING SIGNS OF HEATSTROKE:

- irritability
- confusion
- hot, reddened skin
- intense thirst
- weakness
- muscle cramps



FOLLOWED BY OTHER, MORE SERIOUS SYMPTOMS:

- vertigo
- excessive fatigue
- nausea and vomiting
- increased body temperature



ULTIMATELY LEADING TO:

- coordination difficulties and lack of balance
- collapse
- unconsciousness and/or coma

IF THIS HAPPENS TO YOU OR A COLLEAGUE OF YOURS:

- stop / stop them!
- ask for help
- move / move them to a cool / shaded area
- wet yourself / wet them with cold water: head, neck, face, limbs
- lie down / lay them down on their side
- drink / give them some cool water in small sips

CALL OR
HAVE SOMEONE CALL
IMMEDIATELY  **118**

Until help arrives, stay / make them stay in a cool place, keep wetting your / their head, face, neck and limbs, and remove as much clothing as possible.

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PREVENTING HEATSTROKE: CHRONIC ILLNESSES

HOW TO COPE WITH EXTREME HEAT IF YOU HAVE A CHRONIC ILLNESS:

- talk to your doctor for advice on what to do if you are exposed to heat;
- bear in mind that your body needs to gradually adapt to the heat;
- before your shift, cool off and stay hydrated with cool drinks, limiting your consumption of coffee (which causes dehydration);
- maintain a healthy diet, eat a sufficient amount of food, and avoid drinking alcoholic beverages;
- **watch out for symptoms** such as: intense sweating, headache, nausea, cramps, and immediately warn your colleagues and the safety officer;
- if symptoms worsen, call / have someone call 118;
- do not discontinue treatment without consulting your doctor.

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PREVENTING HEATSTROKE: LIFESAVING WATER

PREVENTION



It is essential, especially in extremely hot weather, to keep your body hydrated. Water is our best ally: in fact, it can help us avoid the risk of DEHYDRATION, a condition that contributes to heatstroke as well as to the risk of injury.

CAUSES OF DEHYDRATION



- pre-existing health conditions such as chronic bronchitis, heart disease, diabetes, gastroenteritis
- use of medication for treating chronic diseases, diuretics, antidepressants, coagulants
- inadequate diet
- insufficient acclimatization
- thick / non-breathable clothing
- fast-paced, labor-intensive work

HOW TO RECOGNIZE DEHYDRATION



Feeling the urge to urinate every two to three hours and pale urine is a good indication that you are well hydrated.

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RIGHTS AND FURLOUGHS

THE EMPLOYER MUST:



- inform you about the effects of heat
- check temperature and humidity
- create shaded rest areas
- allow for rest time and breaks
- provide cool water
- avoid isolated work

FURLOUGHS DUE TO WEATHER CONDITIONS



Companies can apply to INPS to obtain the CIGO (Ordinary Wage Guarantee Fund):

- when temperatures exceed 35 °C
- with temperatures lower than 35 °C, but perceived as higher (e.g. special processing, high level of humidity)

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