

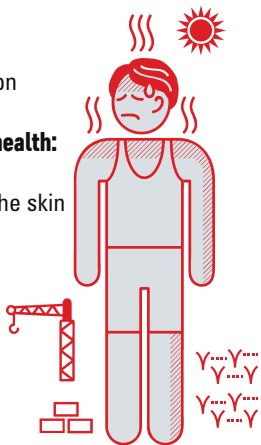
1 Working conditions under an open sky

You work outside? This can be very dangerous during hot weather!

- April to October**
- High temperature
 - Intense solar radiation

This can endanger your health:

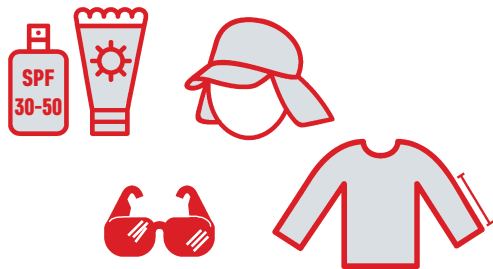
- Sunburn
- Premature aging of the skin
- Skin cancer
- Eye damage
- Fluid deficiency (dehydration)
- Sunstroke
- Heat stroke



You can protect yourself!

Note the following rules:

- Thin clothing made from cotton
- Cover as much skin as possible
- Wear a hat or cap with neck guard
- Apply sun cream with a high sun protection factor – do not forget your ears, nose, and lips
- Apply and repeat in good time
- Wear sunglasses with side protection



2 Your workplace must be safe!

Your employer bears responsibility for this!

Protect yourself at the workplace:

- Shade your work area, e.g. with a sun sail
- Do not carry out heavy work at noon
- Spend breaks in the shade
- Take short breaks regularly
- Think ahead of time about the water supply for the day

IMPORTANT: Drink plenty of water – more than 3 litres per day.



3 First aid during emergencies

What to do if you or others are unwell?

Call 112 in an emergency – An emergency is, ...

- Someone falls over
- Symptoms like bright red head, weakness, dizziness, nausea, and headache
- Fever

How can YOU provide first aid?

- Get out of the sun!
- Drink water - but in small quantities
- Lay in the shade
- Put up your feet during a period of dizziness
- Place moist and cool towels on forehead, neck, and legs



What else?!

Nobody in your company cares about your health? Talk to your colleagues and contact the trade union or the advice centers for migrant workers!

IG BAU - Industrial union Building-Agriculture-Environment

www.igbau.de

EVW – European Association for migrant worker questions

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4

Other dangers in the warm season: Ticks ...

This is dangerous for people who work in the fields or forests:

- After warm winters there are more ticks
- From March to October: tick alarm
- They live in high grass, bushes, and at water edges
- They look for a soft spot on the skin and bite firmly
- Ticks can transmit dangerous diseases
- e.g. Lyme disease or tick-borne encephalitis



You can protect yourself!



Note the following rules:

- Use tick repellents from the pharmacy
- Wear dense and long clothing
- After working in the woods or fields: Search your clothes and body for ticks

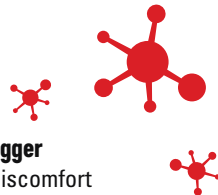
And if you got bit:

- Remove tick with tweezers or tick card
- Afterwards disinfect the wound
- Mark and observe the wound
- In case of redness or swelling, seek out medical advice immediately.

**5**

Pollen and other allergens in the air!

Pollen spread from December to October.



A high concentration can trigger

- Hay fever and general discomfort
- Eye, nose and skin irritations
- Respiratory diseases and shortness of breath
- Food allergies

Do you have these symptoms?

Allergy medication or sprays will help you in the short term. For the long term, go to a doctor's office!

**6**

Other allergens ...

Plants (e.g. the ragweed) or animal pests (e.g. the oak processionary moth) can spread harmful allergens.

... and ozone

Long heat periods and air pollution lead to high ozone levels. This can cause eye and respiratory irritation and endanger your health.

Watch out for these dangers when working outdoors!



**You work outside?
This can be very dangerous during hot weather!**



STOP THE RISK BEFORE IT STOPS YOU!