



Implenia

WORKING IN THE SUN AND HEAT

HOW TO PROTECT YOURSELF

- June and July: Wear neck protection and a hat with a brim
- Drink regularly: Make sure to drink enough fluids and avoid ice-cold beverages
- Apply sunscreen several times a day
- Complete heavy work in the morning whenever possible
- Work in the shade where possible; use shade tents and sun sails
- Weakness, dizziness, nausea, muscle cramps, or difficulty concentrating: take an immediate break in the shade
- If symptoms do not improve: inform your supervisor and call the emergency services immediately



Always follow site-specific heat rules from supervisors and the safety team!

Learn more

