Work in warm weather

If the mercury runs high, it is not advisable to do strenuous work.

How do I work wisely in hot weather?

- Drink regular and not too cold water. Do not wait until you get thirsty. Take one
- bottle of water to your workplace
- Water is the best thirst quencher. Do not drink coffee. This causes moisture to drift and you have to urinate more
- If your urine is clearly darker in color, drink too little water
- Adjust your clothes and wear light, cotton clothing of a light color
- Start early in the day when it is still cool and finish working a bit earlier (tropics)

How do I best protect myself from the sun in the greenhouse?

- Wear light and light clothing
- In the greenhouse the sun goes through the glass (UVA) and you have to protect yourself
- Lubricate your uncovered skin with a sunscreen (which protects against UVA) by a factor of 20 or higher). After two hours you must apply again. If you perspire a lot, you have to rub more often. The higher the factor, the longer the operation!

When should I be extra careful?

- In case of high blood pressure, pregnancy, overweight, sensitive skin and in a less good or bad condition
- For medication use. Plastic tablets can drip too much moisture on hot days
- Anti-allergic agents (anticholinergics) inhibit sweating and agents that affect the psyche disrupt the temperature control
- In case of diarrhea. Then take extra water and drink sports drinks, for example, and eat soup to keep salt levels up to standard
- In certain diseases, for example diabetes or heart or lung disease

Which symptoms should I be alert to?

The dangerous thing about heat is that some physical reactions to it sometimes arise so gradually that you no longer feel it coming. It is important to keep an eye on the following symptoms: headache, nausea, fatigue, dizziness, fainting, rapid heartbeat and muscle cramps. These symptoms can indicate a shortage of moisture and ultimately lead to dehydration or to sunstroke.

When is there a sunstroke?

The sunstroke has the following symptoms: a lot of sweat, pale vision, headaches, dizziness, vomiting, muscle cramps, sometimes fainting, fast superficial wrist, severe fatigue, feeling weak.

What should I do if someone has a heat stroke?

- Put the victim down in a cool environment
- Let the victim rest and make no efforts
- Do not let the victim drink too cold (sports) drinks
- Cool possibly contracted muscle(s)
- Call the ER officer. If no ER is available, call 112 immediately if the situation does not improve quickly