

THE IMPORTANCE OF SCHEDULED BREAKS FOR WORKERS EXPOSED TO HEAT



IT IS NOT RECOMMENDED TO WORK CONTINUOUSLY IN CONDITIONS OF EXPOSURE TO HEAT WITHOUT TAKING BREAKS: IT IS IMPORTANT TO TAKE PERIODIC BREAKS TO COOL DOWN

Short and frequent breaks from work can control the risk associated with high temperatures and we can reduce health risks without affecting the work productivity.

WAITING TO FEEL TIRED BEFORE TAKING A BREAK MAY NOT BE ENOUGH.

According to the manager of protection and preservation service, is important to develop an alternation plan between work activities and breaks for the workers.

PAY ATTENTION TO THE DAILY HEAT WAVE FORECAST AND GET A PERSONALIZED HEAT STRESS RISK FORECAST

We recommend consulting specific heat warning forecast platforms for workers, such as the one developed as part of the WORKCLIMATE Project (<https://www.workclimate.it/scelta-mappa/>), it has the capacity to providing personalized forecasts based on the physical activity carried out by the worker and the working environment (e.g., exposure to the sun or in shaded areas).

The different recommendations are based on the intensity of the work activity and the level of exposure to heat:

- those who carry out moderate work during a heat wave should follow a series of recommendations to protect themselves from the heat similar to all the rest of the population (hydration, nutrition, clothing) and take frequent breaks in shaded or air-conditioned places.
- Anyone who performs intense work during a heat wave should use extreme caution:
- the risk of heat-related illnesses in this case is high. In addition to the general recommendations on hydration, nutrition and clothing, we can add other recommendations relating to the management of work activities.
- It's strongly recommended to evaluate with the Employer the opportunity to remodulate the work activity (rhythm and shifts), for example with an interruption of activities that require high physical effort in the hottest hours and planning frequent breaks in shaded places.

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