

Instruction for Employees regarding the Heat Protection Regulation (HitzeschutzVO)

Name: _____

Employees were instructed on the following points regarding outdoor work in conditions of heat and UV exposure:

- The implementation of the measures under the Heat Protection Regulation (HitzeschutzVO) is based on heat warnings issued by GeoSphere Austria. Heat warnings can be accessed daily on the GeoSphere Austria website (geosphere.at), as well as in the form of a 5-day forecast at district level.
- Heat can place significant strain on the human body, while UV radiation can particularly damage the skin and eyes. In addition, concentration and work performance may decrease under these conditions, which also increases the risk of accidents. In cases of severe exposure, heat-related illnesses such as heat exhaustion or heat stroke may occur, and affected persons often do not immediately recognize the symptoms themselves.
- During the period from April to September, especially between 11:00 a.m. and 3:00 p.m., adequate UV protection must be ensured – even in cloudy conditions. Head coverings and sunglasses must be used, the upper body must be covered with textile clothing, and trousers must reach at least down to the knees.
- From a GeoSphere Austria heat warning – level 2 (perceived temperature from 30 °C) – the following measures should be observed as good as possible: take regular drinking breaks, drink enough fluids and do not consume alcohol. Preparatory work should, where possible, be moved to shaded or cooler areas, and the workload should be reduced if possible.
- Employees were informed to pay attention to heat-related symptoms – including among colleagues. These include, in particular, headaches, dizziness, nausea, cramps, hot and dry skin or excessive sweating, as well as disturbances of consciousness.
- The following first-aid measures for heat-related symptoms were explained: work must be interrupted, and affected persons must be moved to shade or cooler rooms. The body should be cooled with damp cloths and tight clothing should be loosened. In cases of circulatory problems or heat stroke, the legs may be elevated if necessary. In addition, affected persons should drink fluids slowly. In the event of unconsciousness, the person must be placed in the recovery position. If the condition worsens or unconsciousness occurs, emergency services (144) must be called.
- Employees were also informed that voluntary medical examinations for persons regularly working outdoors have been expanded following the inclusion of skin cancer in the list of occupational diseases. The aim is the early detection of skin changes through a basic examination carried out by occupational health physicians; if abnormalities are found, specialist medical assessment should follow.

Instruction received on

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