

# BEAT THE HEAT

WORKING SAFELY IN THE HEAT  
AND IN THE SUN


OCCUPATIONAL  
HEALTH & SAFETY  
AUTHORITY  
ohsa.mt




## GUIDELINES FOR SELF-PROTECTION

Stay safe while working in the sun and heat! As summer approaches, it's essential to understand the risks of working in the heat and sun, and how to protect yourself from potential health and safety hazards.


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## WHO IS AT A GREATER RISK\*



CONSTRUCTION WORKERS



OUTDOOR EVENT STAFF



DRIVERS AND DELIVERYMEN



AGRICULTURE INDUSTRY



LANDSCAPING WORKERS



STREET VENDORS & FOOD TRUCKS



BEACH-RELATED WORKERS



HOSPITALITY AND KITCHEN STAFF



TRAFFIC MANAGEMENT & SECURITY

\*THIS IS A NON-EXHAUSTIVE LIST

## HOW TO PROTECT YOURSELF



SCHEDULE WORK IN COOLER HOURS (IF POSSIBLE)



APPLY HIGH SPF SUNSCREEN



TAKE REGULAR BREAKS



WEAR LIGHT CLOTHING



USE TECHNICAL MEASURES (SUCH AS TENTS OR SCREENS)



UPDATE & CHECK YOUR MEDICINE



WEAR A WIDE-BRIMMED HAT



DRINK FRESH WATER FREQUENTLY



REGULAR SKIN CHECK-UPS



WEAR SUNGLASSES THAT BLOCK UVA/UVB RAYS



CONSUME LIGHT MEALS BEFORE WORK



ADEQUATE AIRFLOW

## WHAT ARE THE RISKS?



EXTREME FATIGUE & DIZZINESS



SWEATY HANDS



FOGGED SAFETY GOGGLES



REDUCED VIGILANCE



HIGHER IRRITABILITY



BURNS



HEAT STRESS



SKIN RASHES & FAINTING

## DANGERS FROM THE SUN'S UV RAYS



SUNBURN & BLISTERING



PREMATURE SKIN AGEING



EYE DAMAGE & CATARACTS



SKIN CANCER

## REMEMBER

- ✓ CHECK THE UV INDEX REGULARLY: HIGHER INDEX, GREATER RISK.
- ✓ PROTECT AGAINST UVA & UVB RAYS.
- ✓ SEEK SHADE DURING PEAK SUN HOURS.
- ✓ DANGER MONEY IS NEVER JUSTIFIED.

## WHAT YOUR EMPLOYER SHOULD BE DOING

- ✓ CONDUCT A RISK ASSESSMENT
- ✓ INVOLVE WORKERS IN SAFETY PLANNING
- ✓ PROVIDE ACCESS TO SAFE DRINKING WATER
- ✓ ENSURE ADEQUATE VENTILATION
- ✓ ENSURE ADEQUATE SUPERVISION
- ✓ PROVIDE PROTECTIVE EQUIPMENT, MATERIALS, AND PRODUCTS
- ✓ DISTRIBUTE OUTDOOR WORK TO AVOID PEAK SUN EXPOSURE
- ✓ TAKE ALL NECESSARY OHS MEASURES

DETAILED INFORMATION





# TA'DEM FIS-SHANA? HU HSIEB!

AWTORITÀ  
GĦAS-SAĦĦA U S-SIGURTÀ  
FUQ IL-POST TAX-XOĠĦOL  
ohsa.mt



## LINJI GWIDA GĦALL-PROTEZZJONI

Żomm ruhek sigur waqt li tagħmel xogħol fix-xemx u fis-shana! Hekk kif joqrob is-sajf, huwa essenzjali li tkun taf bir-riskji tax-xogħol fis-shana u x-xemx. Permezz ta' numru ta' prekawzjonijiet, tista' tipproteġi lilek innifsek minn perikli li jistgħu jaffettwawlek is-saħħa u s-sigurtà tiegħek.



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## MIN HU F'RISKJU IKBAR?\*



ĦADDIEMA  
TAL-KOSTRUZZJONI



ĦADDIEMA F'  
AVVENIMENTI FUQ BARRA



XUFIERA U  
PUSTIERA



BDIEWA



ĦADDIEMA FUQ  
XOGĦOL TA' TISBIĦ



KJOSKS TAL-IKEL  
U 'FOOD TRUCKS'



XOGĦOL RELATAT  
MAL-BAĦAR U T-TURIŻMU



ĦADDIEMA FIS-SETTUR  
TAL-OSPITALITA' U FI  
KĊEJJEN



ĦADDIEMA FIS-SETTUR  
TAS-SIGURTA' U TAT-TRAFFIKU

\*LISTA MHUX EŻAWRENTI

## KIF TISTA' TIPPROTEĠI LILEK INNIFSEK?



IPPJANA IX-XOGĦOL  
MHUX FL-EQQEL TAX-XEMX  
(FEJN HU POSSIBBLI)



UŻA SUNBLOCK  
B'SPF GĦOLI



HU BREJKS  
AKTAR REGOLARI



ILBES ĦWEJJEĠ  
IKTAR ĦFIEF



AĠĦMEL UŻU MINN  
MIŻURI TEKNIĊI  
(B'ĦAL TINED U PARAVENTI)



IĊĊEKKJA JEKK  
IL-MEDIĊINA TAGĦMILLIKX  
ĦAŻIN FIX-XEMX



UŻA KAPPELL  
WIESA'



IXROB L-ILMA  
B'MOD REGOLARI



AĠĦMEL 'CHECK-UP'  
TAL-ĠILDA B'MOD REGOLARI



ILBES NUĊĊALI TAX-XEMX  
LI JWAQQAF IR-RAĠĠI  
UVA/UVB



KUL IKEL ĦAFIF  
QABEL TIBDA XOGĦOL



ARA LI JKUN HEMM FLUSS  
TAL-ARJA ADEGWAT

## X'INHUMA R-RISKJI?



GĦEJA ESTREMA U STURDAMENT



IDEJN BL-GĦARAQ



NUĊĊALI TAS-SIGURTÀ MTAPPAN



NUQQAS TA' VIĠILANZA



IKTAR IRRITABILITÀ



ĦRUQ



STRESS MIS-SĦANA



RAXX TAL-ĠILDA U ĦASS ĦAŻIN

## PERIKLI MIR-RAĠĠI UV TA-XEMX



ĦRUQ U NFAFET FIL-ĠILDA



IXXEJJAĦ IL-ĠILDA QABEL IŻ-ŻMIEN



KATARETTI U ĦSARA OĦRA FL-GĦAJNEJN



KANĊER TAL-ĠILDA

## FTAKAR

- ✓ IĊĊEKKJA L-INDIĊI UV B'MOD REGOLARI: INDIĊI OGĦLA, RISKJU IKBAR
- ✓ IPPROTEĠI LILEK INNIFSEK KONTRA L-UV
- ✓ FITTEX ID-DELL
- ✓ ID-'DANGER MONEY' QATT MHU ĠĠUSTIFIKAT

## X'GĦANDU JAGĦMEL L-IMGĦALLEM TIEGHEK

- ✓ JAGĦMEL EVALWAZZJONI TAR-RISKJU
- ✓ JINVOLVI L-ĦADDIEMA FL-IPPJANAR TAS-SIGURTÀ
- ✓ JIPPROVDI AĊĊESS GĦAL ILMA TAJJEB GĦAX-XORB
- ✓ JASSIGURA VENTILAZZJONI ADEGWATA
- ✓ JASSIGURA SORVELJANZA ADEGWATA
- ✓ JIPPROVDI TAGĦMIR, MATERJAL U PRODOTTI TA' PROTEZZJONI
- ✓ IQASSAM IX-XOGĦOL FUQ BARRA BIEX MA JSIRX FL-EQQEL TAX-XEMX
- ✓ JIEĦU L-MIŻURI KOLLHA MEĦTIEĠA TA' SAĦĦA U SIGURTÀ.

INFORMAZZJONI  
DETTALJATA

