

BEAT THE HEAT

WORKING SAFELY IN THE HEAT
AND IN THE SUN



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.

WHO IS AT A GREATER RISK*



*THIS IS A NON-EXHAUSTIVE LIST

HOW TO PROTECT YOURSELF



WHAT ARE THE RISKS?



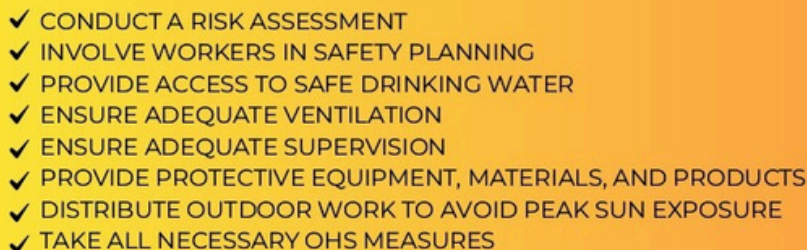
DANGERS FROM THE SUN'S UV RAYS



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





TAHDEM FIS-SHANA? HU HSIEB!



OHSA
Occupational Health & Safety Authority



LINJI GWIDA GĦALL-PROTEZZJONI

Żomm ruġiek 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?*



HADDIEMA
TAL-KOSTRUZZJONI



HADDIEMA F'
AVVENIMENTI FUQ BARRA



XUFIERA U
PUSTIERA



BDIEWA



HADDIEMA FUQ
XOGHOL TA' TISBIH



KJOSKS TAL-IKEL
U 'FOOD TRUCKS'



XOGHOL RELATAT
MAL-BAHAR U T-TURIZMU



HADDIEMA FIS-SETTUR
TAL-OSPITALITA' U FI
KCEJJEN



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

*LISTA MHUX EŻAWRENTI

KIF TISTA' TIPPROTEĠI LILEK INNIFSEK?



IPPJANA IX-XOGHOL
MHUX FL-EQQUEL TAX-XEMX
(FEJN HU POSSIBILI)



UŻA SUNBLOCK
B'SPF GHOLI



FU BREJKS
AKTAR REGOLARI



ILBES FWEJJEĠ
IKTAR FEFIEF



AGHMEL UŻU MINN
MIŻURI TEKNIĊI
(BMAL TINED U PARAVENTI)



IČĊEKKJA JEKK
IL-MEDICINA TAGHMILLIKX
MAJIN FIX-XEMX



UŻA KAPPELL
WIESA'



IXROB L-ILMA
B'MOD REGOLARI



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



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



KUL IKEL HAFIF
QABEL TIBDA XOGHOL



ARA LI JKUN HEMM FLUSS
TAL-ARJA ADEGWAT

X'INHUMA R-RISKJI?



GHEJA ESTREMA U STURDAMENT



IDEJN BL-GHARAQ



NUĊĊALI TAS-SIGURTÀ MTAPPAN



NUQQAS TA' VIĠILANZA



IKTAR IRRITABILITÀ



HRUQ



STRESS MIS-SHANA



RAXX TAL-ĠILDA U HASS HAŻIN

PERIKLI MIR-RAĠĠI UV TA-XEMX



HRUQ U NFAFET FIL-ĠILDA



IXXEJJAĦ IL-ĠILDA QABEL IŻ-ŻMIEN



KATARETTI U HSARA OĦRA FL-GHAJNEJN



KANĊER TAL-ĠILDA

FTAKAR

- ✓ IČĊEKKJA L-INDIĊI UV B'MOD REGOLARI: INDICI OGHĠA, RISKJU IKBAR
- ✓ IPPROTEĠI LILEK INNIFSEK KONTRA L-UV
- ✓ FITTEX ID-DELL
- ✓ ID-'DANGER MONEY' QATT MHU GĠUSTIFIKAT

X'GHANDU JAGHMEL L-IMGHALLEM TIEGHEK

- ✓ JAGHMEL EVALWAZZJONI TAR-RISKJU
- ✓ JINVOLVI L-HADDIEMA FL-IPPJANAR TAS-SIGURTÀ
- ✓ JIPPROVDI AČĊESS GHAL ILMA TAJJEB GHAX-XORB
- ✓ JASSIGURA VENTILAZZJONI ADEGWATA
- ✓ JASSIGURA SORVELJANZA ADEGWATA
- ✓ JIPPROVDI TAGHMIR, MATERJAL U PRODOTTI TA' PROTEZZJONI
- ✓ IQASSAM IX-XOGHOL FUQ BARRA BIEX MA JSIRX FL-EQQUEL TAX-XEMX
- ✓ JIEHU L-MIŻURI KOLLHA MEHTIEĠA TA' SAHHA U SIGURTÀ.