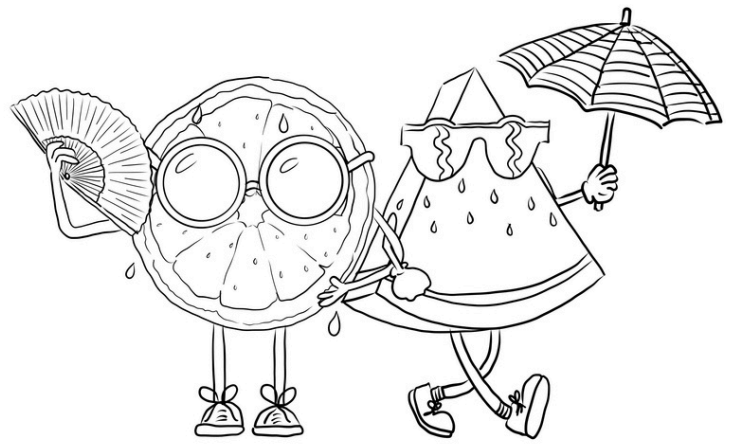


HEAT HAZARDS



High temperatures and heat

Heat exhaustion, sunstroke and heatstroke possible

Solar radiation/UV radiation

Risk of sunburn, increased risk of skin cancer, conjunctivitis of the eyes or clouding of the lens of the eye possible

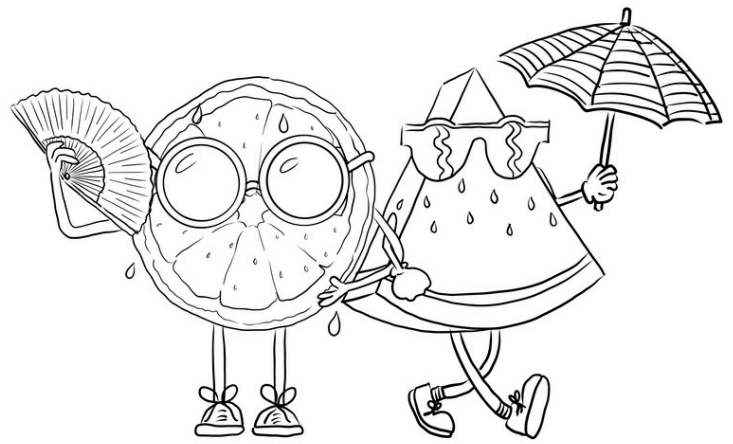
Ozone

High levels of ozone can cause burning eyes, irritation in the throat and pharynx, shortness of breath and headaches

Particularly vulnerable groups

- people over 65 years
- people with pre-existing medical conditions
- infants and toddlers
- pregnant women
- Persons with acute illnesses (infectious diseases)
- People with the following diseases: diabetes, mental disorders, neurological diseases, kidney disease, obesity and other chronic diseases

STAY COOL IN CASE OF EMERGENCY



Heat-related health problems

- Heat exhaustion: heavy sweating, weakness, dizziness, severe thirst, nausea, palpitations
- Sunstroke (danger to life possible): bright red, hot head, cool scalp, nausea, vomiting, restlessness, headache, stiff neck
- Heat stroke (danger to life!!): dry, hot, reddened skin, body temperature usually above 41 °C, mental confusion, drowsiness or even unconsciousness

At the first signs:

- If dizzy, lie down, if nauseous: stable side position
- Drink plenty of fluids (slowly, in small sips)

EMERGENCY CALL: 112



- Move affected person into the shade, cool head and neck with wet cloths
- In case of sunstroke, also elevate head
- In case of heatstroke, also wrap arms and legs with wet cloths
- Check consciousness and breathing
- Call first responders