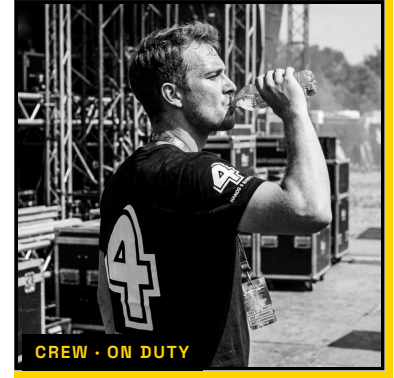


WATER IN, HEAT OUT.

Heat on the job is **not a comfort issue** but a health risk. Recognise the symptoms, know the right response, and apply the prevention rules. Look out for each other. Don't work alone.



LV 01 · MILD

HEAT CRAMPS

Muscle cramps caused by salt and fluid loss.

SYMPTOMS

- › Body temperature normal
- › Heavy sweating during exertion
- › Cramps in hands, calves, thighs, arms
- › Painful, hard, tense muscles

WHAT TO DO?

- › Take a break, rest
- › Drink ORS or a salty fluid
- › Lightly massage the muscle
- › Don't skip meals

LV 02 · MODERATE

HEAT EXHAUSTION

Body loses too much fluid and salt.

SYMPTOMS

- › Temperature rising < 40 °C
- › Heavy sweating, palpitations
- › Headache, dizziness, nausea
- › Weakness, faintness, hyperventilation
- › Sunburn: red, painful skin

WHAT TO DO?

- › Cool room, legs raised
- › Remove excess clothing
- › Wet cloths, fan, air-conditioning
- › Cool water (12–15 °C) + ORS
- › Symptoms > 24 h or T > 38 °C → doctor

LV 03 · FATAL RISK

HEAT STROKE

MEDICAL EMERGENCY · CALL 112

SYMPTOMS

- › Temperature > 40 °C
- › Hot, red, dry skin · sweating stops
- › Confusion, aggression, delirium
- › Headache, vomiting, sometimes seizures
- › Risk: shock, kidney failure, cardiac arrest

WHAT TO DO?

- › CALL 112 immediately
- › Remove all clothing, cool aggressively
- › Spray with cold water (15 °C)
- › If conscious: small sips of water
- › Faster cooling = greater chance of survival

RISK FACTORS

KNOW THE ENEMY

PERSONAL

- Dehydration
- Alcohol, coffee or sugary drinks
- No acclimatisation (first 2 weeks)
- Medication, age, overweight
- Skipping meals (salt loss)

ENVIRONMENT

- T > 25 °C or heatwave
- High humidity
- Direct sun, little shade
- Reflective surfaces (asphalt, stage)
- Enclosed spaces or cabins

WORK

- Heavy physical labour
- Long shifts without breaks
- Carrying loads or climbing
- Heavy workwear, PPE (helmet, harness)
- Work at heights without shade

PREVENTION

BEFORE & DURING THE SHIFT

01

HYDRATION

Drink **before you feel thirsty**. 125 to 250 ml every quarter-hour during heavy exertion. Cool water 12 to 15 °C. Avoid alcohol, coffee and sugary drinks.

02

WORK SCHEDULE

Schedule heavy tasks **before 11 am and after 4 pm**. During a heatwave: shorter work blocks, more breaks. Rotate physically demanding tasks.

03

ENVIRONMENT & PPE

Find shade (tent, parasol, tarp). Wear light, breathable clothing. Change wet clothes. Apply **SPF 30+**, reapply every 2 hours.

04

SPOT & REPORT

Don't work alone. When in doubt: **spot, cool down, drink, report** to your crew chief. If T > 40 °C or confusion: call 112.

112

CALL EMERGENCY FIRST · REPORT IMMEDIATELY TO YOUR CREW CHIEF

HEAT STROKE = MEDICAL EMERGENCY

Install the official 112 BE app: emergency services see your exact location instantly. Crucial on a festival site or any location you don't know by heart.

PEAK HOURS 12 NOON–4 PM

HYDRATION 125–250 ML / 15'

COOLING SHADE + AIR