

Helping on Hot Days

Work is particularly strenuous in hot weather. Consider the following ten tips.

1. Wear the right clothing

Wear loose and airy clothing that is long, loose, and light-colored. Breathable functional clothing, such as those found in sports stores, is good as it protects you from the sun. Wear a cap or hat and sturdy, ankle-high shoes to prevent injuries.

2. Stay hydrated

Drink at least half a liter per hour, such as mineral water, tea, or fruit juice spritzers. Avoid very cold drinks.

3. Use sunscreen

Protect your skin with sunscreen and reapply regularly, even on cloudy days.

4. Take enough breaks

On hot days, we cannot work as much as usual. Take regular breaks in the shade and preferably work in the morning when it's not as hot.

5. Work in a team

Deployments are exciting, and we often don't realize how exhausted we actually are. Work in a team with two other people. Remind each other to take breaks and drink water. If you notice someone in the team isn't feeling well, bring them to the shade, give them water, and call for help from people with medical knowledge. Injuries need to be treated promptly.

6. Watch out for vehicles

If a vehicle is approaching, make sure the person driving sees you. Do not stand behind the vehicle. Wear a high-visibility vest near vehicles, whether they are driving or parked.

7. Pay attention to hygiene

Wash your hands with soap for at least 20 seconds before drinking, eating, or smoking, and during longer breaks. Alternatively, use hand sanitizer.

8. Recover after deployment

Get plenty of rest and drink enough fluids after the deployment.

9. Protect yourself against tetanus

A tetanus vaccination is particularly important because 2 out of 10 people with tetanus die from it. Tetanus, also known as lockjaw, can arise from even a small amount of dirt in a minor wound.

10. Packing list for hot days

Have you packed everything essential?

- Take a photo of your ID card, health insurance card, driver's license (if available), and vaccination certificate on your smartphone
- Your smartphone, a charging cable, a plug adapter, and a fully charged power bank
- A dust mask
- Plenty of water and enough food for the day
- Sun protection, including a hat, sunscreen, and sunglasses
- Protective clothing, such as work gloves, a high-visibility vest, safety goggles, and ear protection
- Rain gear
- Spare clothing
- Important medications like allergy medication
- Notebook and pens
- Cash and debit card
- Lightweight backpack



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Videos on the topic as well as this information in English and Turkish



Packing list

for hot days

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- Your **smartphone**, a charging cable, a plug adapter, and a fully charged power bank



- A **dust mask**

- Plenty of **water** and enough **food** for the day

- Sun protection**, including a hat, sunscreen, and sunglasses

- Protective clothing**, such as work gloves, a high-visibility vest, safety goggles, and ear protection



- Rain gear**

- Spare clothing**

- Important **medications** like allergy medication

- Notebook** and **pens**

- Cash** and **debit card**

- Lightweight **backpack**



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