

# Helping on Hot Days

## 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**



wirhelfenjetzt.rlp.de  
Videos on the topic as well as this information in English and Turkish



# Helping on Cold Days

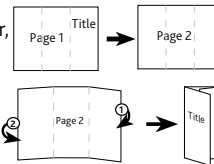
## Cold weather packing list

Have you packed all the essentials?

- 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**
- Drinks** (such as warm tea in a thermos flask) and **food** for the day
- Protective clothing**, such as **work gloves**, a **high-visibility vest**, **safety goggles**, and **ear protection**
- Warm **change of clothes**
- Emergency blanket**
- Rain gear**
- For snow: **Sun protection** (sunscreen and sunglasses)
- Important medications** like allergy medication
- Equipment** (e.g., snow shovel or flashlight)
- Notebook** and **pens**
- Cash** and **debit card**
- Lightweight **backpack**

### Print- and folding information

Please note that depending on the printer, browser, and operating system, certain print settings may be necessary for the foldable format, such as printing front and back on one sheet of paper and possibly vertically mirroring the back.



Entwicklungsagentur  
Rheinland-Pfalz e.V.



[fb.com/wirhelfenjetzt](https://fb.com/wirhelfenjetzt)



[instagram.com/wirhelfenjetzt](https://instagram.com/wirhelfenjetzt)

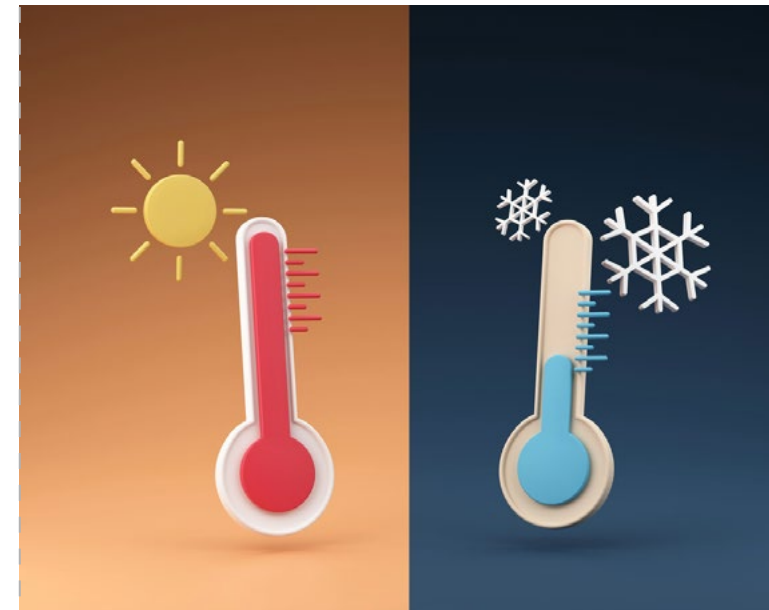


[ea-rlp.de/whatsapp-wir-helfen-jetzt](https://ea-rlp.de/whatsapp-wir-helfen-jetzt)

wirhelfenjetzt.rlp.de | Environment

# Help on hot and cold days

Tips for helping in different temperatures.



## Information for helpers



Entwicklungsagentur  
Rheinland-Pfalz e.V.

# Helping on Hot Days

## 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.

# Helping on Cold Days

## 1. Wear the correct clothing

Wear warm clothing. It should be breathable and water-resistant. It's best to bring spare clothing so you can change out of sweaty clothes. Also, wear a hat and gloves to keep warm. Wear highly visible clothing, such as a high-visibility vest. Wear ankle-high, sturdy winter boots with a rugged tread or spikes. Tip: Insulating insoles keep your feet warm.

## 2. Watch out for dangers from above

Icicles and snow can fall from roofs and trees, potentially injuring people. If there's danger, inform the owner of the property or notify emergency services. If that's not possible, then cordon off the hazardous area.

## 3. Work only in safe areas

Don't work in places where you could fall. Don't enter buildings that could collapse. Watch out for objects like branches or roof tiles that could fall. Another danger: After storms, loose objects may be lying around. Sometimes the ground may be covered with snow or leaves. Test it with a stick to see if it's safe to walk on. And don't walk on ice surfaces.

## 4. Watch out for slippery roads and pathways

Especially in front of building entrances, it can get slippery quickly. Wipe down slippery areas and clean your shoes carefully to avoid falls.

## 5. Watch out for vehicles

If a vehicle is approaching you, make sure the driver sees you. Don't stand behind the vehicle. When near vehicles, wear a high-visibility vest, whether they are moving or parked.

## 6. Pay attention to your limits

Warm up before starting any activity. Take regular breaks and stay hydrated. In cold weather, it's important to warm up regularly. Don't overexert yourself. Rest and get plenty of sleep after any activity.



wirhelfenjetzt.rlp.de

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

