

Prepare well for working during a heatwave.

## Safety instruction card July-August

het  
poets  
bureau



### Tip 1: Drink water regularly

Drink regularly (water). Better not sugary drinks. Bring a bottle and ask if you can keep it cool.



### Tip 2: Work earlier in the day if possible

If possible, you can start working earlier. Of course, this should be done in consultation with the client and should be well communicated to your consultant.



### Tip 3: Clean warm areas as early as possible

Warm areas (e.g. upstairs rooms, south-facing areas, areas with limited ventilation, non-insulated verandas) are best cleaned as early in the morning as possible.



### Tip 4: Use of fan or air conditioner

Does your client have a fan or air conditioner? Ask if you can use it.



### Tip 5: Wear appropriate clothing

Wear airy clothing, preferably cotton. Note: Flip-flops are prohibited, even in summer temperatures.



### Tip 6: Don't work in full sun

Don't work in full sun: Avoid tasks such as washing windows or cleaning a terrace in the sun. Do you have to work outside anyway? Then wear a hat and sunscreen.