

## Recording a segment for the morning program of RTCG

June 8, 2022.

Discussion about occupational health and safety in high temperatures, for the public service morning program, featuring Đina Janković. Outdoor work in extremely high external temperatures above 36°C should not be conducted, except in cases of serious, immediate, and unavoidable danger where human lives and socially significant property are at risk.



Employers are recommended not to have employees work between 11 am and 4 pm, if the work process allows for it. If work cannot be interrupted, employers are obligated to take all necessary measures for occupational health and safety. Encourage more frequent breaks and provide a sufficient quantity of water and non-alcoholic beverages. Train employees in first aid procedures.

To prevent dehydration, it is important to:

- Consume at least two liters of water per day;
- Avoid drinks with caffeine, alcohol, carbonated beverages, and sugary sports drinks as they can cause dehydration;
- Drink one glass of chilled water every 15 to 20 minutes;
- Take frequent breaks in shade or air-conditioned areas;
- Maintain a proper diet - avoid heavy and large meals, and consume fresh fruits and vegetables.