

Recording of a segment for the morning program on RTCG

27th July 2022.

Discussion on occupational health and safety in high temperatures for the morning program on RTCG, 27th July 2022, featuring our guest Đina Janković.

Work conducted outdoors in extremely high external temperatures, when the temperature exceeds 36°C, should not be performed except in cases of serious, immediate, and unavoidable danger where human lives and socially significant property are at risk.

Due to prolonged exposure to such high temperatures, caused by the heatwave "Lucifer" that has affected the whole of Europe, heat exhaustion can occur. Sodium loss is not usually a serious problem, as this salt is typically present in the body in excessive amounts. However, when there is a loss of potassium, magnesium, and lithium, the problems become more serious as it disrupts the entire system of chemical reactions in the body.

Employees can also suffer from heat stroke, which is the most severe condition among these disruptions and occurs when the mechanisms regulating body temperature fail.

When the mercury in the thermometer reaches 40 degrees Celsius, there is a dramatic change in human psychological biorhythm. Concentration decreases, and reflexes slow down.

