Summer heat is here again

It's June and the sun has warmed us up for a few days. Everyone knows it, especially the elderly and the sick, and then those who have to work these days. To maintain a constant body temperature, it is necessary to maintain a thermal balance between the human organism and the environment. The heat that the human body produces in its activity must be diverted to the surroundings. However, if too little heat is dissipated due to a too warm environment, we feel that we are warm. In a hot environment, our body reacts by sweating to restore thermal equilibrium when the body cools down by sweating. If the temperature of the environment continues to rise, the body may overheat, resulting in increased heart rate, rapid breathing, decreased blood pressure, etc., and associated symptoms such as dizziness, headaches or disturbances of consciousness, etc. The most vulnerable group of the population are young children of preschool age, seniors and people with chronic illnesses, especially heart disease (cardiac) and respiratory and lung disease - asthmatics, where the difficulty in breathing in the heat is even greater. In young children, a little fluid loss (sweating) can cause health problems, whereas in seniors the cause of health problems is a lack of thirst, resulting in little fluid intake. In extreme heat, the load on the heart is doubled, the body has increased demands to maintain water balance and to provide blood viscosity. In the heat, the blood "thickens", which loads the body. Obese people are in similar situation, body fat inhibits the release of heat from the body.

If you work in an area that is so-called "air-conditioned", it is where air is cooled through the air handling unit, your body is well. At least until you get out and get a blow of hot air. The higher the temperature difference between the internal "cooled" temperature and the outdoor temperature, the worse - the best workplace temperature should not be more than 6 - 8 ° C lower than outside. High temperature jumps in transition from one environment to another tend to result in "angina from heat", rhinitis, or other health problems.

But there are many workplaces where there is no air conditioning, and even those where it is still heated by its own means of production and processes - smelters, kitchens, bakeries, etc. In these workplaces, the heat load is increased practically throughout the year, and in most cases, regime measures, including the provision of protective beverages, are also set.

In those where the increased heat load is not planned all year round (assembly workplaces, engineering production, but also offices, shops, distribution warehouses, schools, etc.), there is a thermal “discomfort” in the warm summer months and the working regime should be adjusted accordingly. Above all, sufficient fluid intake should be ensured. Usually just drinking water from the tap - for example, when working in the office or other activities with a lower to medium physical load; in the case of more physically demanding work, the supply of salts and minerals, which we lost through sweating, should be provided by providing suitable mineral water.

Certainly the greatest influence on working conditions is the current heat for those working outside. They are those working in forests, fields, construction sites, but also in cities, such as policemen, postal couriers, outdoor landscaping (such as city parks) workers etc. Here, the increased heat load can often be expected even at temperatures around 25 ° C, especially when working in direct sunlight with higher energy expenditure. Because of the risk of overheating and dehydration, it is necessary to allow rest in a shielded area and to provide sufficient protective beverages.

So whenever we are exposed to heat from anywhere during our work, we must not forget sufficient liquid intake and, if possible, search for a shaded and cooled space for rest.