



SAFETY ALERT 06-2026

REPORTING A DANGEROUS SITUATION/EVENT FROM WHICH WE CAN LEARN

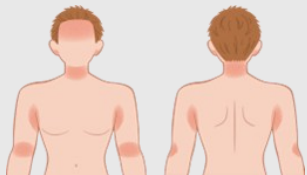
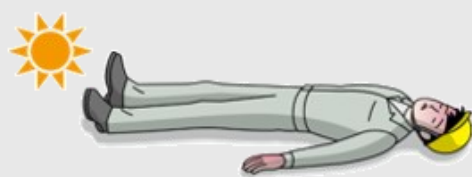
GENERAL INFORMATION

COMPANY NAME	BMN
LOCATION/ESTABLISHMENT	General
DATE	May 2026

DESCRIPTION OF THE SITUATION(S)/EVENTS

In summer, the dangers of working outdoors in hot weather increase. During the summer season, we must be aware of the possible risks of working in high temperatures. The human body naturally maintains a temperature of about 37 °C. When the body struggles to cool down or overheats, heat-related conditions such as heat rashes, heat cramps, heat exhaustion, or even heat stroke can occur. Prolonged exposure to high temperatures increases the risk of injury due to fatigue, lack of concentration, and impaired decision-making.

HEAT SYMPTOMS

HEAT RASH	HEAT CRAMPS
	
An irritation of the skin caused by excessive sweating. Symptoms include: ▶ Red groups of pimples or small blisters ▶ Usually in the neck and on the chest, in the groin, under the breasts and in the elbow folds Advice: Shower at least 1 time a day	Painful cramps in the muscles due to low salt levels and usually caused by excessive sweating. Symptoms include: ▶ Muscle pain is usually in the abdomen, arms and/or legs ▶ Muscle cramps usually in the abdomen, arms and/or legs
EXHAUSTION DUE TO HEAT	HEAT STROKE
	
The body's response to the loss of water and salt, usually through sweating. Symptoms include: ▶ Excessive sweating ▶ Weakness and fatigue ▶ Dizziness and/or confusion ▶ Clammy skin ▶ Muscle cramps ▶ Blushing face	Occurs when the body stops sweating and body temperature reaches dangerous levels. Symptoms include: ▶ Dry, hot reddish skin or profuse sweating ▶ High body temperature ▶ Strong, fast pulse ▶ Confusion and slurred speech ▶ Attacks ▶ Loss of consciousness (coma) ▶ Fatal if treatment is delayed





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10 WARM WEATHER BEHAVIOR GUIDELINES

Working in high temperatures can be dangerous for your health. Therefore, use the 10 tips below to do your work as safely as possible during the summer season. Pay attention to warning signs and symptoms of heat-related illnesses and take care of yourself, your colleagues and customers.

WHAT THIS MEANS FOR YOU



Drink enough

Drink plenty of water and don't wait until you get thirsty before drinking.



Avoid diuretic drinks

Alcohol, coffee, tea and caffeinated drinks are diuretic and are therefore not recommended.



Plan heavy tasks

When possible schedule tasks early in the day to avoid the midday heat.



Wear protective clothing

Wear a cap and loose, lightweight, breathable clothing - don't forget your personal protective equipment!



Avoid direct sunlight

Look for shade and/or try to avoid the sun as much as possible.



Adjust your pace

Take it easy and work at an even pace. Know your own limits and your ability to work safely in the heat.



Schedule regular breaks

Take time for rest periods and drinking breaks in a shaded area or in a room with air conditioning.



Look out for each other

Encourage colleagues to take breaks, to cool off and drink water.



Avoid sunburn

Use sunscreen (apply more often if you sweat a lot) and wear a cap when you're working outside



Be alert to heat phenomena

Know what to look for and help other employees who may be at high risk. If you or a colleague experience dizziness, nausea, confusion or other disturbing symptoms, seek medical attention immediately.

