



SCHOOL INTERPORTO

PROTEGGIAMOCI DALLE ONDATE DI CALORE

GUARDIAMO QUOTIDIANAMENTE IL BOLLETTINO DELL'ARPAE (AGENZIA REGIONALE PER LA PROTEZIONE AMBIENTE E ENERGIA) SU:
[HTTPS://WWW.ARPAE.IT/IT/TEMI-AMBIENTALI/RISCHIO-CALORE](https://www.arpae.it/it/temi-ambientali/rischio-calore)

PER I DATORI DI LAVORO



PER I LAVORATORI



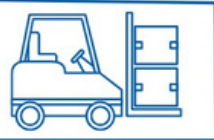
MANGIAMO PIÙ FRUTTA E VERDURA, EVITANDO CIBI GRASSI, BEVANDE ALCOLICHE E GASATE



SE POSSIBILE UTILIZZIAMO ABITI LEGGERI E UN COPRICAPO QUANDO LAVORIAMO ALL'APERTO



IN CASO DI PROBLEMI DI SALUTE RIVOLGIAMOCI AL MEDICO COMPETENTE



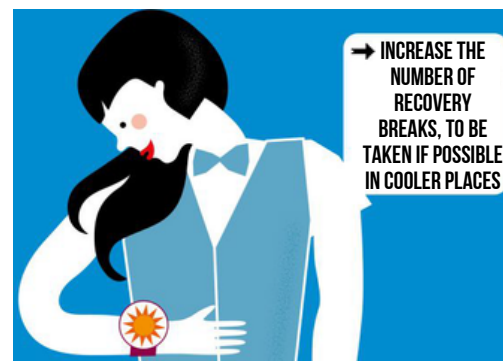
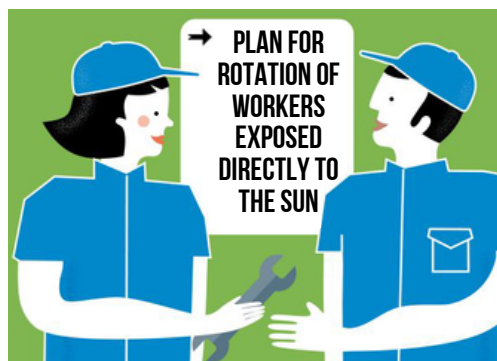
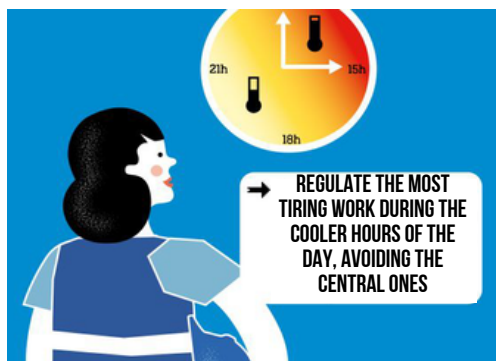
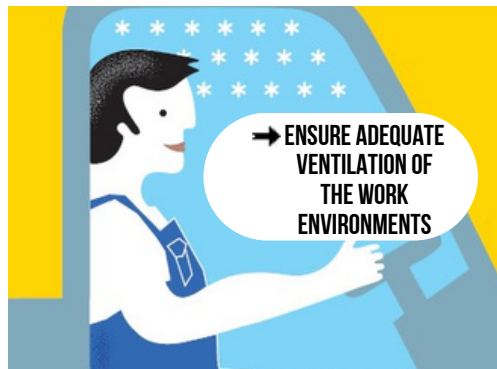
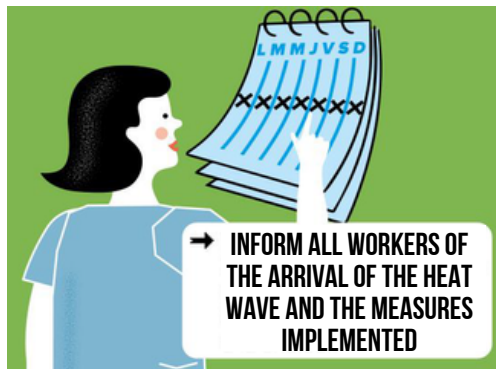
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LET'S PROTECT OURSELVES FROM HEAT WAVES

CHECK THE ARPAE (REGIONAL AGENCY FOR PREVENTION, ENVIRONMENT AND ENERGY) BULLETIN DAILY ON:

[HTTPS://WWW.ARPAE.IT/IT/TEMI-AMBIENTALI/RISCHIO-CALORE](https://www.arpae.it/it/temi-ambientali/rischio-calore)

FOR EMPLOYERS



FOR EMPLOYEES



EAT MORE FRUIT AND VEGETABLES, AVOIDING FATTY FOODS, ALCOHOLIC AND CARBONATED DRINKS



IF POSSIBLE, USE LIGHT CLOTHING AND HATS WHEN WORKING OUTDOORS



IN CASE OF HEALTH PROBLEMS, CONTACT YOUR DOCTOR

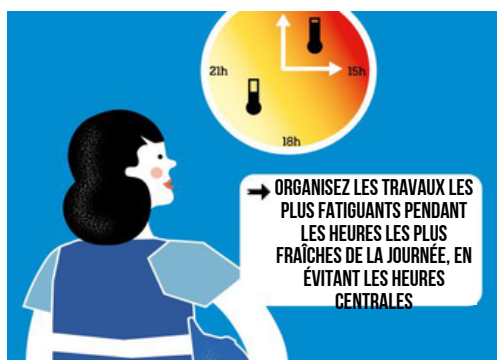


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PROTÉGEONS-NOUS DES CANICULES

REGARDEZ QUOTIDIENNEMENT LE BULLETIN DE L'ARPAE (AGENCE RÉGIONALE DE LA PROTECTION DE L'ENVIRONNEMENT ET DE L'ÉNERGIE)
SUR: [HTTPS://WWW.ARPAE.IT/IT/TEMI-AMBIENTALI/RISCHIO-CALORE](https://www.arpae.it/it/temi-ambientali/rischio-calore)

POUR LES EMPLOYEURS



POUR LES TRAVAILLEURS



MANGEZ PLUS DE FRUITS ET LÉGUMES, EN ÉVITANT LES ALIMENTS GRAS, LES BOISSONS ALCOOLISÉES ET GAZEUSES



SI POSSIBLE, UTILISEZ DES VÊTEMENTS LÉGERS ET DES CHAPEAUX LORSQUE VOUS TRAVAILLEZ À L'EXTÉRIEUR



EN CAS DE PROBLÈMES DE SANTÉ, CONTACTEZ VOTRE MÉDECIN



SCHOOL INTERPORTO

يجب علينا حماية أنفسنا من موجات الحرارة

فلنشاهد يوميا نشرة الوكالة الإقليمية لحماية البيئة والطاقة على

[HTTPS://WWW.ARPAE.IT/IT/TEMI-AMBIENTALI/RISCHIO-CALORE](https://www.arpae.it/it/temi-ambientali/rischio-calore)

لأصحاب العمل



للعمال



يجب نأكل المزيد من الفواكه والخضروات تجنب الأطعمة الدهنية والمشروبات الكحولية والغازية



يجب استخدام الملابس الخفيفة وغطاء للرأس عند العمل في الخارج



في حالة وجود مشاكل صحية يرجى الاتصال على الطبيب المختص