

Safety flash

Heat Card

We have had to deal with periods of extreme heat regularly in recent years. The work of a domestic helper is nonetheless quickly affected by sustained high temperatures. Even when we are not officially faced with a heat wave, a period of sustained high temperatures is likely to make the requested tasks more difficult.

We as a company would therefore like to provide guidelines on what is expected of our domestic helpers and our clients during these heat periods.

No work is to be performed in direct sunlight

No windows are washed and no patios scrubbed in the sun. Postpone strenuous tasks to another day when outdoor temperatures permit.



FOR DOMESTIC HELPERS

Drink enough

before, during and after work. If you bring your own drinks, store them in a cool place, in the shade or in the client's refrigerator.



Redistribute your rest time

We recommend a short, 5-minute break every hour.

Moisten a cloth or towel and wear it on your neck. This will give you a sense of cooling.

Close blinds and curtains

(partially) to avoid direct sunlight. Bear in mind that the sun rotates during the day when planning your work.

Clean the rooms when there is no direct radiation from the sun. If the sun is always shining in a room when you are there, alternate warm places with cooler places.



Do you go about on foot or by bicycle?

Then take plenty of time to make your way around and protect yourself from the sun (headgear, sunscreen).

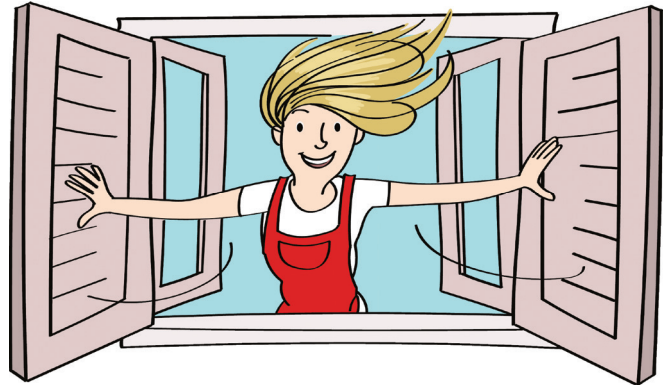
Make sure you drink enough before moving.



Open doors and windows during the cooler moments of the day

Tasks such as ironing and vacuuming create additional heat. Such tasks are not always possible to postpone. When postponing is not possible, spread these tasks out over the duration of the entire work session. Alternate your tasks.

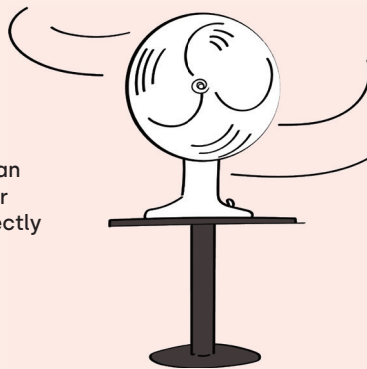
Try to do the heavier tasks when it is cooler and end the work session with lighter tasks. Do the opposite in the afternoon.



FOR THE CLIENT

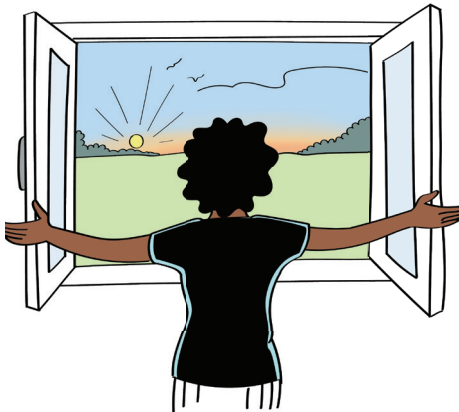
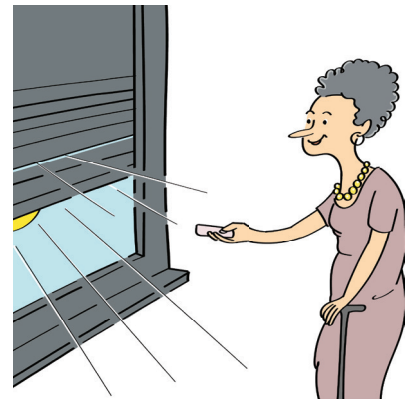
If possible, make use of fans

Preferably place them near an open window or outside door and avoid pointing them directly at a person.



Make maximum use of solar shading:

if there are curtains or shutters, close them (partially) when opening the windows to avoid direct sunlight but allow ventilation.



Keep doors and windows open as long as it is cooler outside than inside.



Always give your domestic helper access to tap water.



We recommend that your domestic helper can take a short, 5-minute break every hour.

It is important to be able to work safely and healthily during periods of extreme heat. Therefore, follow these tips and points of attention carefully. We ask you to use your common sense and protect yourself when you feel unsafe. Take care of yourself, listen to your body and ask for support from your office when the situation calls for it.