

Measures

Technical measures

- Fans are made available for the most sensitive zones (apply to the supply service)
- Localization of air-conditioned rooms in the buildings
- Air-conditioned rooms are made available for administrative work (BFJ, BULS, CIS, The 25...)
- Air-conditioned areas are made available and accessible to all (BFJ, cafeteria, CIS, The 25, ...)
- Water coolers are available, close to every work station (136 coolers on the campus)
- Showers are available

Organizational measures

Senior managers are particularly encouraged to:

- Make working hours more flexible if necessary
- Grant additional recovery breaks to the riskiest stations
- Bring forward in the morning or postpone handling or hard work

Measures (end)

Surveillance of cold storage premises:

- Freezers sorting and inventory operation
- Reserve freezers are made available on the campus
- surveillance of the storage zones (Webcampus, SMS)

N° urgences techniques: 9333

Specific investigations will be looked into to suit particular requirements :

- People working in preparation laboratories
- People working in animal houses
- Guards
- Isolated workers
- Work with individual protection equipment
- Enclosed work
- Outsourcing companies

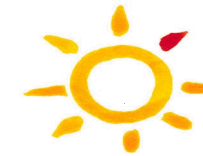
Additional information

www.inrs.fr

www.meteofrance.com

Heat wave

Recommendations



**ADVICES
AT WORK**

Human Resources Management

Department Santé au Travail

Direction RTE

2018



Institut Pasteur

Health – Heat Information

Recommendations

Heat is harmful to workers' health and safety. It may cause deterioration of physical and mental skills.

Heat tolerance level varies between people, states of health and ages : pregnant women, the most elderly as well as people who suffer from diseases are the most vulnerable.

Know how to diagnose a heat stroke, for your own sake and for the sake of others:

- Alert signs :
 - Exhaustion, dizziness, muscular cramps
- Physical signs :
 - Confusion, agitation, aggressiveness, delirious behaviour
 - Headaches, thirst, nausea, vomiting
 - Blackout, vertigo and even loss of consciousness
 - Red, hot and dry skin.

- Drink before you feel thirsty
- Drink enough and regularly (1 glass of water every quarter hour).
- Drink water rather than sweetened drinks.
- Do not drink alcoholic drinks.
- Eat cold meals and avoid meals that are too rich.
- Do not hesitate to go to an air-conditioned room, identified in each building (apply for the list to the administrators)
- Inform colleagues in case of isolated work.

For your work at or outside Institut Pasteur :

- Wear appropriate work clothes.
- Cover your head, neck and ears.
- Wear sunglasses.
- Avoid physical exertion.
- Put on sunscreen.

For indoor work:

- Close the outside blinds during the day.
- Make air circulate.
- Limit the use of machines that generate heat.



Despite the inconvenience caused by heat, wearing individual protection equipment (lab coat, closed shoes, goggles, and mask) remains the rule

**You have a Life-And-Death
Emergency,**

You must call the emergency services

- Santé au Travail : **3737**
- Emergency N° : **27**