

## Scope

### Activities carried out in summer at the following locations:

- Office, home office
- Terrace, garden
- Swimming pool
- Beach, mountains, forest\*

\* depending on individual surroundings and travel restrictions



## Risks to human health and the environment



### Working environment:

Too much time in the air conditioning can lead to cold shock or even worse cryopreservation of co-workers or family members. Be very careful not to get in a fight over the thermostat.



### Psychic and physical load:

Trying to create the perfect holiday selfie may lead to stress or disappointment. Posing wildly may lead to dislocations, falls and other accidents.



### Hazardous substances:

Caution when binging on a gallon of ice cream. You may endure heartburn and come into contact with biohazards, i.e. wasps and bees attacking with an instant infatuation.

## Safeguards and rules of conduct



Wear appropriate PPE: sunglasses + flip flops outside, gloves + scarf in the office, in supermarkets and in movie theaters.



If you are in acute danger and at risk to be stung by a bee or wasp, freeze! Or run/swim like your life depends on it!



Observe the restrictions governing the combined storage of chemical products in your carry-on. Sunscreen may cause explosions.



Avoid sugary hangovers by refraining from mixing lemonade and ice cream on an empty stomach.

## Behavior in case of disorders



### Heat wave? No refreshments? Crowded swimming pool?

Take a deep breath, count to three and remember how much you will miss this summer when it's gone.

## First aid

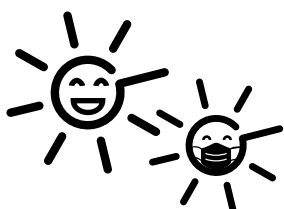


Treat bee and wasp stings with a cold compress. Ice cream is highly suitable and can be used by directly applying it outside AND inside with great effects.



In case of hypothermia caused by the air conditioning, immediately supply small sips of hot chocolate to the affected person. DO NOT give ice cream or lemonade.

## Maintenance, care and disposal



Take good care of yourself and others.  
Keep cool during the heat and the pandemic!

Summer 2021 / Sunny Light

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