



Lebanese
Ministry of Agriculture

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Organization

Heat and Cold Stress Hazards - Sun Exposure and UV Radiation Hazards

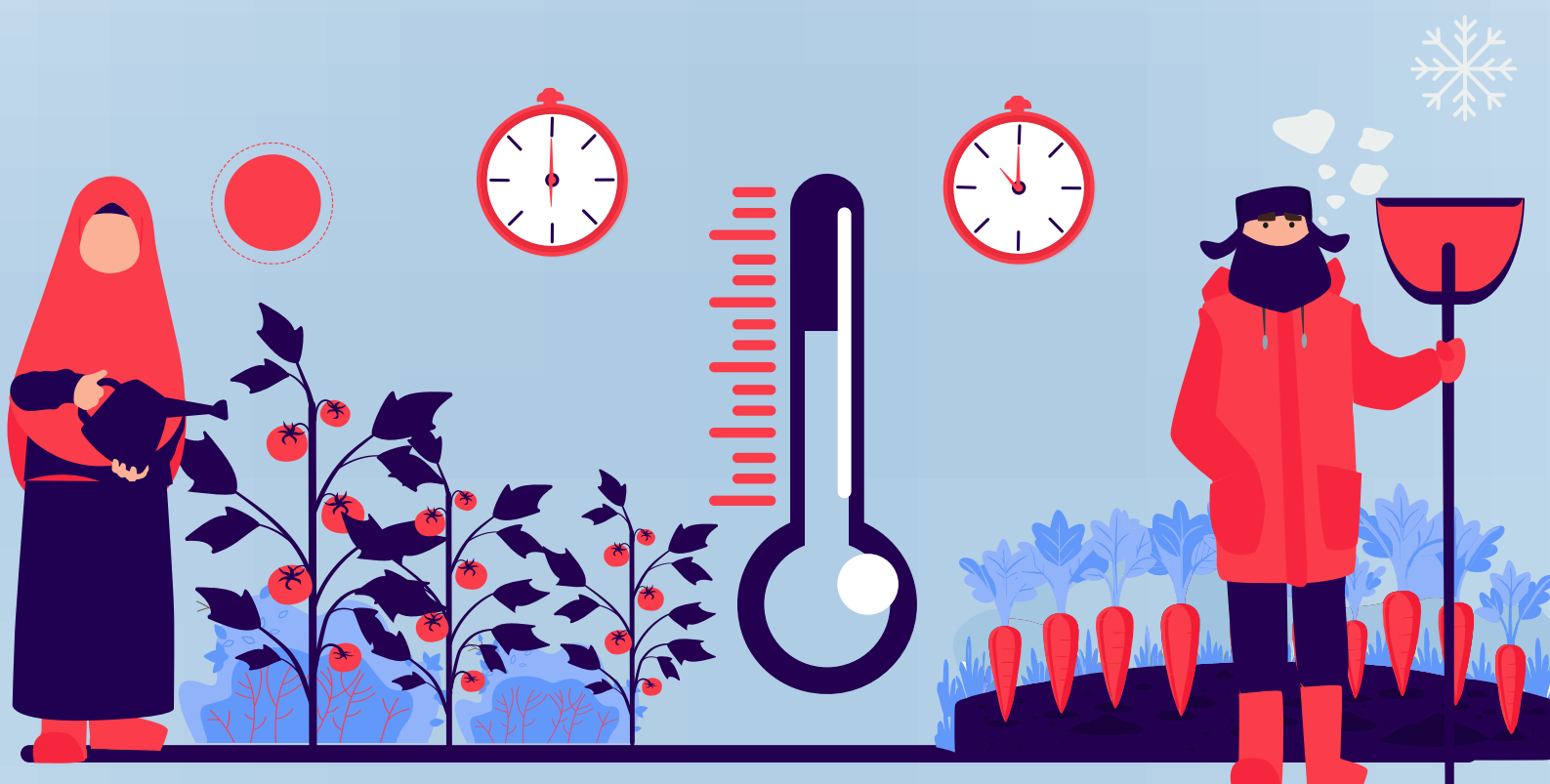
Cold Risks:

01

Numb hands/
feet, swelling,
or shivering

Frostbite
(skin damage)
or hypothermia
(body too cold)

02



Heat & Sun Risks:

01

Sunburn, skin
damage, or
eye problems
(blurry vision)

Dehydration,
dizziness, fainting,
or muscle cramps

02

Stay Safe:



Drink hot drinks when
working in very cold areas.



Take breaks in shade
(summer) or warmth (winter)



Rotate tasks and limit time
outdoors in extreme weather



Be cautious when working early
in the mornings, at night, or
before sunrise in cold weather.



Wear light clothes in heat,
warm layers in cold



Drink plenty of water;
avoid coffee/soft drinks



Use hats, sunscreen, and
sunglasses for sun protection



Avoid heavy work during
peak sun (11-4)



Employers: provide sun
safety training, protective
measures, and protect vulnerable
workers (youth, pregnant, elderly)