

Against the heat, protect yourself!



During hours of maximum solar charge, **avoid** doing tasks that require great physical effort, or those considered dangerous or done alone.



Use **breathable clothes** and, if possible, **with grid**.



Protect yourself with light clothing, a cap or hat, **sunscreen**, and, if applicable, **sunglasses**.



Take breaks to rest in cool places or in the shade, supplying with fresh drinks.

Drink water frequently, a glass every 15 minutes, **even if you are not thirsty**.



between **10 °C** and **15 °C**

If you perform tasks with a high level of physical effort, take **isotonic drinks** in **moderation**.

Do not consume alcohol or caffeinated beverages.