



Summer heat: measures to protect against high temperatures

Even though this summer has brought a lot of rain and temporary cooling, the high temperatures pose a challenge. Many colleagues are already suffering from the heated offices, laboratories and seminar rooms in the HU buildings. Therefore, we would like to remind you to use all proven measures to reduce the temperature load at the workplace.

Reduced core working hours and mobile working

According to the service agreement on flexible working hours, employees have the option of reducing their core working hours and working shorter hours on hot days. Those who have a cooler place of work outside the university buildings can arrange mobile working with their supervisor. Moving to a colleague's cooler office when they are on holiday is also an option to beat the heat.

Sun protection and ventilation

Employees who have to work in the office should use sun protection and ventilation systems as effectively as possible and keep blinds closed even after working hours, use night cooling, ventilate in the morning and switch on fans. To reduce thermal loads in work areas, switch off electrical appliances that are not required.

Don't forget to follow the general tips against heat, such as drinking enough water, wearing airy clothing and looking after yourself and others.

Observe the 35 degree mark

If the thermometer in the work rooms has reached the 35 degree mark, work should not be continued in these rooms. If there is no possibility of relocating the workplace or working from home, work can be stopped after consultation with the supervisor.



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Photo: Stefan Klenke

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