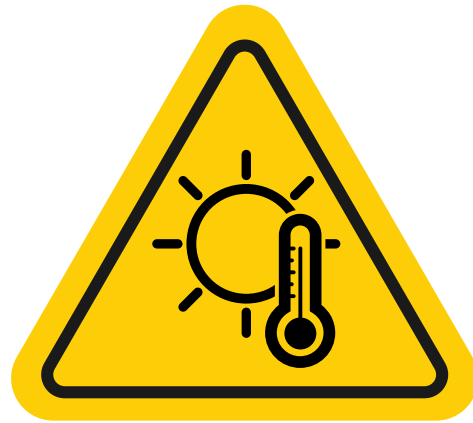


HEAT HITS? HIT THE HEAT!



LAZIO REGION

DEPARTMENT OF WORK, SCHOOL,
EDUCATION, RESEARCH, MERIT AND URBANISM

REGIONAL STRATEGIC PLAN ON HEALTH AND WORK SAFETY 2025-2026
RESOLUTION 30 DECEMBER 2024, No. 1181

ANNUAL PLAN OF MEASURES ON WORK HEALTH AND SAFETY 2025
– RESOLUTION 26 JUNE 2025, No. 491

Be informed to protect your health, your work, and your rights.



Learn more
about the campaign



Check
the heat map

IN LAZIO REGION, DURING PERIODS OF EXTREME HEAT, WORKERS EXPOSED TO HEATWAVES ARE PROTECTED AGAINST HEALTH RISKS SUCH AS HEATSTROKE THROUGH PREVENTIVE MEASURES AND, WHEN NECESSARY, SUSPENSION OF WORK DURING THE HOTTEST HOURS. FOR THEIR PART, WORKERS MUST COOPERATE WITH THE EMPLOYER AND WITH EACH OTHER BY APPLYING SAFETY MEASURES, PROVIDING AND RECEIVING CORRECT INFORMATION ON HAZARDS AND EMERGENCY PROCEDURES, AND PROMPTLY REPORTING ANY ILLNESSES.

Rights of workers exposed to heat waves



Health surveillance

Workers exposed to hot temperatures must undergo medical examinations, both preventive and periodic, to assess their eligibility to perform tasks under such conditions, as provided by the Italian Consolidated Safety Act.



Information and training

Workers must receive adequate information on heat-related risks and be trained to recognize symptoms, adopt preventive measures, and promptly act in emergencies.



Protection

Employers must provide workers with suitable protective equipment, such as lightweight and breathable clothing, hats, sunglasses, sunscreen, shaded areas, cool drinks, and, if necessary, saline supplements.



Reduction of exposure

Work must be organized to minimize sun exposure, for instance by starting activities during cooler hours, using rotation shifts, avoiding peak heat hours (12:30–16:00) when risks are higher, and relying on mechanical aids to reduce physical strain.



Work interruption

If the heat exposure risk is classified as “High” according to the Workclimate map, outdoor work is prohibited between 12:30 and 16:00, in compliance with Lazio Region Ordinance [No. Z00001 of 26 May 2026](#).



Healthcare assistance

In case of illness, workers are entitled to immediate first aid, to be taken to a cool and shaded place, and to receive medical care.



Right to leave the workplace

In the event of serious and imminent danger, workers may leave the workplace without facing negative consequences.

Rights of workers exposed to heat waves



Cooperation

Workers must cooperate with employers and colleagues in applying preventive measures, such as reporting any critical issues or discomfort.



Use of protective equipment

Workers must correctly use the protective equipment provided and follow their employer's instructions regarding clothing and necessary precautions.



Reporting

Workers must promptly report any illness or heat-related symptoms to their employer or colleagues to receive assistance.



Mutual monitoring

Workers must look after colleagues and report any signs of illness, fostering mutual monitoring.

Preventive and protective measures



Risk assessment

Employers must include heat exposure risks in the Risk Assessment Document



Information and training

Workers must be informed and adequately trained on specific risks associated with their duties, preventive measures, and emergency procedures.



Employers' obligations during heatwaves

Employers have the duty to protect workers from heat exposure, especially during summer heatwaves.



Guidelines for employers

- Reorganize work schedules where possible to avoid the hottest hours or reduce workloads in central hours of the day through staff rotation. Tools available on the [Physical Agents Portal](#) and the [Worklimate](#) portal can be useful to identify high-risk periods.
- Ensure frequent rest breaks in cool, shaded areas, encouraging workers to take them even if they do not feel tired.
- Guarantee the availability of fresh water in workplaces and encourage regular hydration, even without feeling thirsty.
- Provide appropriate personal protective equipment (PPE), including lightweight, breathable, light-colored clothing, as well as head and eye protection and sunscreen.

Inform and train workers on health effects of heat stress, risk protection measures, and emergency procedures, in a language they understand.

Encourage mutual monitoring among workers.

On construction sites, heat stress risks must be included in the Safety and Coordination Plan (SCP) and the Operational Safety Plan (OSP).



Guidelines for workers

- Prevent dehydration by keeping fresh water available and drinking regularly, regardless of thirst.
- Eat foods rich in minerals (fruit and vegetables) and low in fat.
- Wear lightweight, breathable, light-colored, and comfortable clothing; wear wide-brimmed hats and sunscreen.
- Cool off frequently with fresh water.
- Learn to recognize symptoms and emergency procedures.
- Work in less sun-exposed areas.
- Reduce work pace, rest in shaded areas, and increase break frequency in case of strain.
- Avoid working alone, if possible.
- Never work bareheaded. Always wear appropriate head protection, ideally a wide-brimmed one.
- In case of illness, inform colleagues, stop working, and move to a cool place.



Health surveillance

In high-risk conditions, health surveillance may be required to detect risk factors.



Emergencies

The personnel must be trained to intervene in heat-related illnesses, with clear procedures for first aid and contacting emergency services



Regional Ordinances

Lazio Region Ordinance **No. Z00001 of 26 May 2026** prohibits prolonged outdoor work during peak heat hours (12:30–16:00) across the regional territory in sectors including agriculture, horticulture, construction and related activities, quarrying, as well as logistics involving yards and the delivery of goods by bicycle or two-wheeled motor vehicles. This restriction applies only on days when the risk map on www.workclimate.it, under “outdoor workers with intense physical activity” at 12:00, indicates a “HIGH” risk level. The ban does not apply to Public Administrations, public service concessionaires, or their contractors when performing tasks of public utility, civil protection, or public safety. In such cases, employers must still adopt appropriate organizational and operational measures to reduce heat exposure risks to acceptable levels, according to the risk assessment required by Legislative Decree No. 81/2008.

These ordinances remain in force during the summer period, until 15 September 2026.