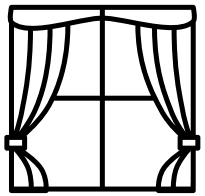
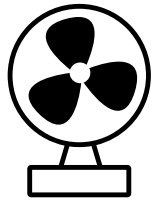
Hitzeschutz-Tipps für Arbeiten im Büro

STA
Landratsamt Starnberg



Sonneneinstrahlung reduzieren

Ventilatoren, Klimaanlagen nutzen

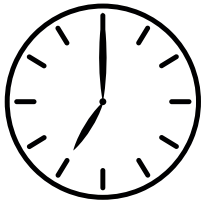


viel Trinken

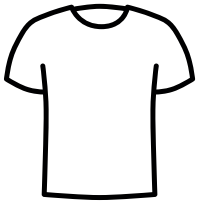
keine alkoholischen Getränke

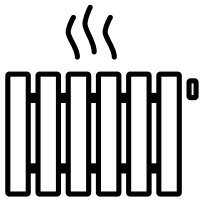
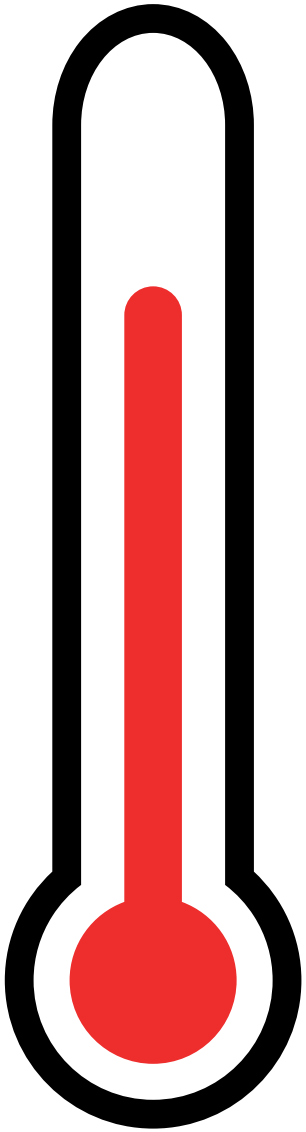
ausreichend Essen

Arbeitsbeginn vorziehen, Mittagsstunden meiden



leichte Bekleidung





Wärmequellen reduzieren