

<p></p> <p> </p> <h1 style="text-align: justify;"><span style="font-size: 12.0pt; color: red;"><span style="mso-spacerun: yes;"> </span><span style="mso-spacerun: yes;"> </span>CANICULA <span style="mso-spacerun: yes;"> </span>- <span style="mso-spacerun: yes;"> </span>O <span style="mso-spacerun: yes;"> </span>PROBLEMA <span style="mso-spacerun: yes;"> </span>A <span style="mso-spacerun: yes;"> </span></span>TUTUROR</span></h1> <p class="MsoBodyText"><span style="font-size: 12.0pt;" lang="EN-GB"> <span style="mso-spacerun: yes;"> </span>Canicula isi pune amprenta asupra starii de sanatate a fiecarei persoane dar exista categorii de persoane considerate<span style="mso-spacerun: yes;"> </span>❖la risc❖<span style="mso-spacerun: yes;"> </span>si anume :</span></p> <p class="MsoNormal"><span style="font-size: 12.0pt;" lang="EN-GB">-<span style="mso-spacerun: yes;"> </span>bolnavii cronici ( afectiuni cardiovasculare , respiratorii ) </span></p> <p class="MsoNormal"><span style="font-size: 12.0pt;" lang="EN-GB">-<span style="mso-spacerun: yes;"> </span>persoanele obeze </span></p> <p class="MsoNormal"><span style="font-size: 12.0pt;" lang="EN-GB">-<span style="mso-spacerun: yes;"> </span>copiii in special sub varsta de 5 ani</span></p> <p class="MsoNormal"><span style="font-size: 12.0pt;" lang="EN-GB">-<span style="mso-spacerun: yes;"> </span>femeile gravide, indiferent de luna de sarcina</span></p> <p class="MsoNormal"><span style="font-size: 12.0pt;" lang="EN-GB"> De aceea se impune respectarea stricta a unor masuri menite sa contracareze<span style="mso-spacerun: yes;"> </span>efectee nefaste ale temperaturilor foarte ridicate asupra organismului</span></p> <p class="MsoNormal" style="text-align: justify;"><strong style="mso-bidi-font-weight: normal;"><span style="font-size: 12.0pt; mso-ansi-language: EN-US;"><span style="mso-tab-count: 1;"> </span></span></strong><span style="font-size: 12.0pt; mso-ansi-language: EN-US;">1.Se va evita expunerea la soare si se vor folosi toate mijloacele de protectie care<span style="mso-spacerun: yes;"> </span>ne stau la dispozitie ( palarii , ochelari de soare, umbrele, ) si cr❖e protectoare. Se va evita plaja in timpul pranzului, atunci cind razele soarelui au cel mai nociv efect. Persoanelor care prezinta pe corp alunite le recomandam sa evite complet expunerea la soare deoarece acestea au un potential cancerigen ridicat </span></p> <p class="MsoNormal" style="text-align: justify; text-indent: 36.0pt;"><span style="font-size: 12.0pt; mso-ansi-language: EN-US;"> 2.Imbracamintea trebuie sa fie foarte subtire si lejera, confectionata<span style="mso-spacerun: yes;"> </span>din fibre naturale ( in, cinepa , bumbac) si in culori foarte deschise </span></p> <p class="MsoNormal" style="text-align: justify; text-indent: 36.0pt;"><span style="font-size: 12.0pt; mso-ansi-language: EN-US;"> 3.Se vor consuma lichide multe , aproximativ 2-4 litri pe zi<span style="mso-spacerun: yes;"> </span>, ceaiuri, apa minerala .</span></p> <p class="MsoNormal" style="text-align: justify; text-indent: 36.0pt;"><span style="font-size: 12.0pt; mso-ansi-language: EN-US;"> 4.Alimentatia va fi bogata in legume si fructe . Se va renunta la alimentele grase, bauturile alcoolice si consumul excesiv de cafea.</span></p> <p class="MsoNormal" style="text-align: justify; text-indent: 36.0pt;"><span style="font-size: 12.0pt; mso-ansi-language: EN-US;"> 5.Trebuie facute dusuri cit mai dese , cu apa la temperatura moderata.</span></p> <p class="MsoNormal" style="text-align: justify; text-indent: 36.0pt;"><span style="font-size: 12.0pt; mso-ansi-language: EN-US;"> 6.Se vor evita eforturile fizice mari in acea perioada a zilei cind temperatura atinge valorile maxime .</span></p> <p class="MsoNormal" style="text-align: justify; text-indent: 36.0pt;"><span style="font-size: 12.0pt; mso-ansi-language: EN-US;"> 7. Locuintele trebuie aerisite dimineata devreme , pina in momentul cind incepe caldura , dupa care se vor inchide geamurile si acestea vor fi protejate cu

draperii sau , la temperaturi mari , cu cearsafuri umede.</span></p> <p class="MsoNormal" style="text-align: justify; text-indent: 36.0pt;"><span style="font-size: 12.0pt; mso-ansi-language: EN-US;"> 8.In masura posibilitatilor se for folosi in incaperi<span style="mso-spacerun: yes;"> </span>aparate de aer conditionat sau ventilatoare .</span></p> <p class="MsoNormal" style="text-align: justify; text-indent: 36.0pt;"><span style="font-size: 12.0pt; mso-ansi-language: EN-US;">9.Angajatorii vor asigura, conform legii , modificarea programului de lucru in conditiile impuse de temperaturile ridicate si totodata distribuirea de apa minerala angajatilor , in cantitatile necesare.</span></p> <p class="MsoNormal" style="text-align: justify; text-indent: 36.0pt;"><span style="font-size: 12.0pt; mso-ansi-language: EN-US;"> 10.Trebuie acordata o atentie deosebita copiilor , evitatindu-se<span style="mso-spacerun: yes;"> </span>transportul lor pe distante lungi . Acestia<span style="mso-spacerun: yes;"> </span>nu trebuie lasati mult in autovehicule fara sistem de climatizare.</span></p> <p class="MsoNormal" style="text-align: justify; text-indent: 36.0pt;"><span style="font-size: 12.0pt; mso-ansi-language: EN-US;"> 11.Persoanele in varsta, in special cele cu afectiuni respiratorii si cardiace, vor evita deplasari lungi, aglomeratiile<span style="mso-spacerun: yes;"> </span>si expunerea la soare in perioadele de varf ale zilei ( 11.00 ♦ 17.00) si vor purta obligatoriu palarii si ochelari de protectie sau vor folosi umbrele.</span></p> <p class="MsoNormal"><span style="font-size: 12.0pt; mso-ansi-language: EN-US;"> </span></p> <p class="MsoNormal"><strong style="mso-bidi-font-weight: normal;"><span style="font-size: 12.0pt; mso-ansi-language: EN-US;"> </span></strong></p> <p>♦</p>