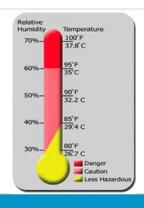




Guidelines – Heat stress



Guidelines – Heat stress





FACTORS LEADING TO HEAT STRESS

- Hot weather (Increase in temperature).
- High Humidity Amount of moisture in the air.
- Radiant Heat Reflected heat from sun, sand, hot engine, welding torch etc
- Inadequate air circulation.
- Hard physical work.

SYMPTOMS

- Sweating.
- Feeling thirsty.
- Tiredness or weakness.
- Fast heart-beat.
- Dizziness, occasional headache.
- · Cool wet skin.
- Nausea, vomiting
- Muscle cramps
- Fever
- Disorientation.
- Feeling Sick.
- Breathing quickly

PRECAUTION TO BE TAKEN

- Wear light loose clothing.
- Follow ideal re-hydration schedule.
- Avoid beverage such as tea, coffee.
- Avoid eating hot and heavy meal.
- Rest in a cool shady spot during break time.
- Sleep at least seven hours every night.
- Eat an orange or a banana a day.







FIRST AID

- Move victim into a cool place.
- Give water or Electrolyte Supplement (If he / she is awake)
- Loosen any tight clothing, remove any excess clothing and call for medical help.
- Cool the victim by fanning &applying cool water, cold packs.
- Massage muscles.
- Stay with victim until medical help arrives.

AWARENESS / TRAININGS

- Create awareness about the heat stress hazards and importance of ideal re-hydration schedule.
- Explain risk factors, danger sign and symptoms.
- Impart first aid training to workers.
- Make health & safety people aware of the importance of preventing heat stress.

SUMMER BREAKS

- Work must be stopped during afternoon hours as per the time schedule in the Ministerial Resolution, prescribed by the Ministry Of Labour, UAE.
- Workers must rest in cool and covered places.
- To prevent dehydration isotonic drinks must be provided to workers from 15th June to 15th September.