

Guidelines – Heat stress



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FACTORS LEADING TO HEAT STRESS	SYMPTOMS	PRECAUTION TO BE TAKEN
<ul style="list-style-type: none"> 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. 	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> 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	AWARENESS / TRAININGS	SUMMER BREAKS
<ul style="list-style-type: none"> 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. 	<ul style="list-style-type: none"> 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. 	<ul style="list-style-type: none"> 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.