

RAMADAN SAFETY

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Ramadan, the ninth month of the Islamic calendar, marks the beginning of a month-long period of fasting from dawn until dusk for Muslims worldwide.

Remember, during the Holy Month of Ramadan many of our employees will be fasting, which may result in them being fatigued and dehydrated. To mitigate against the risks, the following tips can be used:

1- Reduced working hours as per Omani Labor Law and plan work activities accordingly to accommodate for reduced hours and employees fasting.

2- Increase awareness by providing training, TBT of fatigue, dehydration, and Ramadan Safety.

3- Ensure our employees rest indoors during the hottest part of the day. Arrange for a separate welfare facility area such as canteens to allow for non-fasting employees to eat and stay hydrated without causing offence.

4- Encourage rests and breaks if employees appear tired or fatigued.

5- Ensure suitable arrangements for first aid or medical assistance in case of emergency.

6- Ensure adequate supervision is provided to all employees and try to avoid lone working.

7- Increase employee engagement to encourage your employees to be open if they are feeling any adverse effects.

Follow this health & safety tips during Ramadan:

- Sufficient fluid intake (soups, juices, water) – drink minimum of 8 glasses.
- Conserve Body Water, during the day stay in cooler areas and limit physical activity.
- Do not overheat.
- Go for a low fat and a balanced diet, avoiding sweets and refined products.
- Stay fit, the ideal time to exercise is early in the morning, NEVER when fasting.

Tips to Fast Healthily During Ramadan



Drive Safely:

- Stay focused and calm while driving.
- Drive defensively. Observe all traffic signs, rules, and regulations.
- Slow down. Avoid speeding and keep to the posted speed limits.
- Stop and take a rest if feeling tired or distracted.
- Be particularly aware when driving home from work at the end of the day. This is when most fasters tend to feel more tired and dehydrated, making you more vulnerable.



RAMADAN (FASTING) HEALTH & SAFETY AWARENESS

1 DEHYDRATION SYMPTOMS

- Extreme thirst
- Fatigue
- Dizziness
- Confusion
- Passing out

2 FATIGUE SYMPTOMS

- Feeling weak
- Tiredness
- Exhaustion
- Lack of strength

3 WHAT EMPLOYERS CAN DO TO MITIGATE RISKS

- Be accommodating with work activities
- Increase awareness of dehydration and fatigue symptoms
- Ensure workers rest indoors during the hottest time of the day

4 WHAT TO DO IF YOU OR WORKERS EXPERIENCE SYMPTOMS

- Take a break in a shaded area
- Contact your supervisor and seek first aid, if needed
- Maintain regular communication with management and workers



- By implementing these tips, employers and employees can work together to ensure a safe and inclusive environment during Ramadan. By encouraging understanding, flexibility, and communication, workplaces can support their Muslim colleagues in observing this holy month while maintaining productivity and safety standards.