

SUMMER SAFETY ALERT: HEAT STRESS AWARENESS

EDITED & CIRCULATED BY : QHSE DEPARTMENT

STAY SAFE . STAY HYDRATE . STAY ALERT

Heat stress occurs when the body is unable to cool itself properly due to high temperatures, humidity, physical work, or insufficient hydration. Employees working in hot environments are at higher risk of heat-related illnesses, especially during summer months.

In Oman, outdoor work in open areas is restricted during the summer months from June to August between 12:30 PM and 3:30 PM as per the Ministry of Labour's midday work ban.

Common Causes of Heat Stress

- High temperature and humidity
- Direct exposure to sunlight
- Heavy physical activity
- Lack of adequate hydration
- Poor ventilation
- Extended use of PPE in hot conditions

Signs & Symptoms

Early Symptoms

- Excessive sweating
- Thirst and dehydration
- Fatigue or weakness
- Dizziness
- Headache

Serious Symptoms

- Muscle cramps
- Nausea or vomiting
- Confusion or disorientation
- Rapid heartbeat
- Fainting

⚠ Heat stroke is a medical emergency. Immediate action is required.



BEAT THE HEAT

Hydration

- Drink water frequently throughout the day
- Do not wait until you feel thirsty
- Use electrolyte drinks when necessary

Safe Work Practices

- Take regular breaks in shaded or cool areas
- Follow work/rest schedules during peak heat hours
- Rotate strenuous tasks whenever possible

Proper Clothing & PPE

- Wear suitable lightweight clothing where applicable
- Ensure PPE is properly fitted and ventilated
- Keep PPE clean and dry

Awareness & Monitoring

- Watch for symptoms in yourself and coworkers
- Report signs of heat stress immediately
- Participate in toolbox talks and safety briefings

First Aid for Heat Stress

- Move the affected person to a cool or shaded area
- Provide cool drinking water if conscious
- Loosen tight clothing and remove excess PPE
- Apply cool wet cloths to the body
- Seek medical attention if symptoms persist or worsen

Heat Safety Tips

- ✓ Start work well hydrated
- ✓ Avoid skipping meals
- ✓ Use sunscreen when working outdoors
- ✓ Take breaks before exhaustion occurs
- ✓ Never ignore signs of heat-related illness

REMEMBER

“Prevention is better than cure — hydration, rest, and awareness can save lives.”