

EHS Guidance Notes



GN # 24 – Heat Stress

Environment, Health and Safety
Ports, Customs & Free Zone Corporation

FACTORS LEADING TO HEAT STRESS	SYMPTOMS	PRECAUTIONS 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 / TRAINING	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 stresses. 	<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.