



PREVENTING HEAT STRESS

The summer climate in the Gulf countries is hot and humid, posing significant challenges for workers in heavy industries, such as aluminium smelters, and those working outdoors.

Individuals should take basic precautions during this time to prevent heat stress.

Precautions:

- Drink cool water every 20 minutes, even if you do not feel thirsty
- Wear light-weight, loose-fitting, light-colored clothing
- Work in the shade when possible
- Take rest breaks in cool, shaded areas
- For heavy work in hot areas, take turns with other workers

Heat disorders occur when the body loses excessive fluid and salt through sweating. This loss can lead to mental disorientation, which increases the risk of accidents for the affected individual.

Heat stress indications:

- Dizziness
- Irregular heartbeat
- Muscle cramps
- Headache
- Excessive weakness
- Mental confusion
- Rapid breathing

If someone is experiencing symptoms of heat stress:

What to do:

- Call emergency services immediately
- Move the victim to the shade
- Wipe his skin with cool water
- Loosen his clothes
- Keep him in a well-ventilated area or a cool place