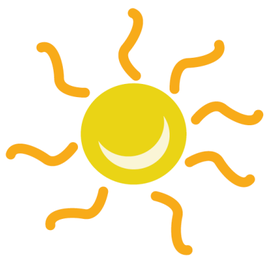
المجلس الخليجي للألمنيوم
GULF ALUMINIUM COUNCIL

Newsletter
Special Edition
June 2026
gac.ae

PREVENT HEAT ILLNESS

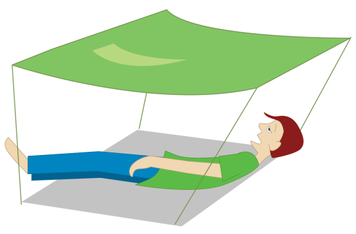


PREVENTION

- Drink cool water every 30 minutes
- For work in direct sunlight, take turns with other workers
- Take rest breaks in cool shaded area

SYMPTOMS

- Dizzines
- Muscle cramps
- Headache
- Excessive weakness
- Confusion



ACTIONS

- Call emergency immediately and seek medical help
- Move the victim to the shade
- Wipe victim's skin with cool water
- Loosen clothes of the victim
- Give cool water to drink. Fan the victim to improve evaporation of sweat. Apply cold (ice) packs in arm pits