

SAFETY IN HEAT

Heat Protection Guidelines

Exposure to excessive heat in summer is a significant occupational safety and health (OSH) hazard, which can lead to a range of health problems, from dehydration to life threatening conditions.

In case of an emergency, call AUS' UNIVESRITY HEALTH SERVICES at ext. 4911 or 050 635 7651.

Inform the dispatcher of the NATURE OF THE EMERGENCY and the EXACT LOCATION.



Heat-Related Illnesses

Symptoms of heat-related illnesses include dizziness, nausea, headache, rapid heartbeat and confusion. If you or a coworker experience these symptoms, seek medical help immediately.



Heat Safety Tips

- Hydrate: Drink plenty of water throughout the day. Avoid sugary and caffeinated beverages that can dehydrate you.
- Salt intake: Add extra salt to your food and drink water to compensate for the loss of salt from sweating.
- Rest: Ensure your body gets enough rest by having sufficient sleep.
- Clothing: Wear lightweight, loose-fitting clothing.
- Sun protection: Use sunscreen with SPF 50 or higher to protect your skin.
- Activity management: Avoid strenuous activities during the hottest parts of the day.
- Work in groups: Never work alone in hot environments. Look out for each other and recognize when someone may be struggling with the heat.



Summer Midday Break

- The UAE Ministry of Human Resources and Emiratization (MOHRE) issues a decree every year concerning the midday break during the summer months for those working under direct sun:

Summer Break Hours: June 15– September 15 | 12:30 p.m. – 3:00 p.m.



Remember: Your Health Comes First!

Heat-related illnesses are preventable with proper precautions. Stay vigilant, hydrated and safe in the heat!