





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.



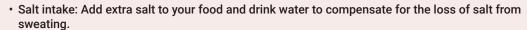
Heat-Related Illnesses

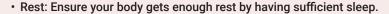
Symptoms of heat-related illnesses include dizziness, nausea, headache, rapid heartbeat and confusion. If you or a coworker experience these symptoms, seek medical help immediately.



Heat Safety Tips

 Hydrate: Drink plenty of water throughout the day. Avoid sugary and caffeinated beverages that can dehydrate you.





- · 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 Emiratisation (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!