



Summer Break Hrs and Heat Stress Management

Applicable UAE Law On Summer Break Hours:

Ministerial Resolution No. (44) of 2022 on Occupational Health and Safety and Labour Accommodation, which aims to provide an adequate work environment that protects workers from occupational hazards and prevents work-related injuries or illnesses.

The midday break is an annual initiative by MOHRE that bans labourers from working in open spaces and under direct sunlight from 12:30 to 3pm every day during the summer. This year, it will be enforced from June 15 to September 15, every year.



Violators will be fined AED5,000 per person found working during the break hours, up to a maximum AED50,000 if the case involves many workers. The company will be downgraded with considerations of temporarily stopping its right to function.

How does the human body react to heat?

- ✓ The human body reacts to heat by increasing the blood flow to the skin's surface and by sweating.
- ✓ heat can be produced within the body and, if insufficient heat is lost, the core body temperature will rise.
- ✓ As the core body temperature rises the body reacts by increasing the amount of sweat it produces, which can lead to dehydration.
- ✓ The heart rate will also increase, which puts additional strain on the body.
- ✓ If the body is gaining more heat than it can lose the deep body temperature will continue to rise.
- ✓ Eventually it reaches a point when the body's control mechanism itself starts to fail.

The symptoms will worsen the longer someone remains in the same conditions.

Symptoms:

- ✓ Inability to concentrate, Muscle cramps (due to insufficient salt intake).
- ✓ Heat rash. Severe thirst (due to dehydration) - a late symptom.
- ✓ Fainting, hypothermia, Heat exhaustion - fatigue, giddiness, nausea, headache, most skin.
- ✓ Heat stroke - hot dry skin, confusion, convulsions, loss of consciousness. This is the most serious.

Precautions: Stay hydrated, use electrolyte, take Frequent Breaks, Report to supervisor if you are experiencing the above symptoms.

Factors Influencing Heat Stress

The heating and cooling balance in the body depends on the following factors:

- air temperature
- humidity (moisture in the air)
- radiant heat load (sun, furnaces, molten material, steam, etc.)
- physical activity (how hard you're working)
- cooling (by the evaporation of sweat)
- body adjustments (acclimatization)

There are two sources of heat exposure, the outside environment and internal muscle activity. (80% of muscle energy is turned into body heat.) High temperatures and high levels of physical work create heat stress. The body cools itself by evaporating sweat. High humidity hinders sweat from evaporating.

Helping Someone with Heat Stroke:

If you notice someone with signs of heat stroke, call 998 or 999 for an ambulance immediately. While waiting for an ambulance, you should:

- Move the person to a shady or cooler area;
- Loosen or remove the person's clothing;
- Place ice packs under the person's armpits and groin area.

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*Note: Please provide your feedback on hse@aimsgt.com