



# HSE Bulletin

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**Heat stress** season starts every year from 15<sup>th</sup> June and the climate is very hot and humid with temperatures ranging from 33°C to 50°C with relative humidity up to 100%. This climate creates a potentially dangerous situation for those exposed to the heat involving construction activities in hot environment where high air temperatures, radiant heat sources, high humidity, or strenuous physical activities have a high potential to induce heat related illness and injuries to employees engaged in such operations.

**What is Heat Stress?** Working in very hot areas, our bodies get rid of excess heat by sweating, increasing blood circulation and increasing the blood flow to the skin. This is how our metabolic system works and maintain our body temperature. However, In some occasion heat stress body failed to regulate its inner temperature. It stops sweating and loses the ability to dissipate the excess internal heat. As a consequence, temperature quickly increases and leads to serious hot weather disorders.

## Types of Hot Weather Disorder:

**Heat stroke** - is the most serious disorder associated with heat stress. It occurs when the body's temperature regulation fails and body temperature rises to critical levels. It is a medical emergency that can lead to death.

**Heat exhaustion** - is a result of the combination of excessive heat and dehydration. Untreated, heat exhaustion can lead to heat stroke.

**Heat cramps** - are usually the result of hard physical labor in a hot environment, often resulting from an imbalance of electrolytes in the body.

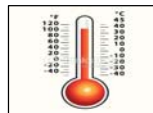
**Heat rashes** - are a common problem resulting from persistent wetting of clothing by unevaporated sweat.

## Hot Weather Disorder - Symptoms

### Heat Stroke



Red, hot, dry skin



High Temperature



Confusion



Fainting



Convulsion



Headache



Dizziness



Sweaty skin



Weakness



Fast heart beat



Nausea, vomiting

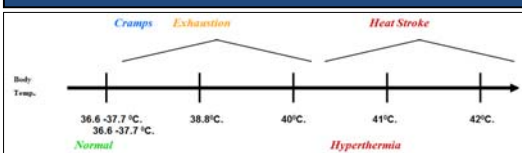


Cramps

## How to Prevent Heat Stress?

- ✓ Drink plenty of water frequently even if you aren't thirsty – at least one glass of water for every 15 minutes.
- ✓ Take rest in the shaded designated areas as per work cycle rest. A few hours in air conditioning can help cooler in the heat
- ✓ Wear lightweight clothing that provides ventilation to the body
- ✓ Maintain healthy habits, a nutritious diets, less caffeine, enough sleep and rest.
- ✓ Pace your own work and do not push your body beyond limits.
- ✓ Know signs/symptoms of heat illnesses; monitor yourself; follow a buddy system.
- ✓ Report any symptoms of heat stress (for example, fever, sweating increases, headache, weakness and giddiness) to your colleague / supervisor immediately.
- ✓ Know your location where you are working for emergency communications.

## Body Temperature associated with heat stress



## Dehydrated?

Don't wait until you are thirsty as thirst is a clear sign that you are dehydrated, and monitor the colour of your urine when going to the toilet to determine your hydration level.

Extremely Dehydrated	Drink water immediately
Mildly Dehydrated	Drink More Water
Safe Zone	Not Dehydrated