



قطر تستحق الأفضل
Qatar Deserves The Best

Heat Stress Management Guidelines

Heat Stress Management Guideline

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TABLE OF CONTENT

1.	GENERAL	4
1.1.	INTRODUCTION	4
1.2.	PURPOSE	4
1.3.	OBJECTIVE	4
1.4.	DEFINITIONS	4
1.5.	ABBREVIATIONS	5
1.6.	REFERENCES AND LEGAL REQUIREMENTS	5
2.	ROLES & RESPONSIBILITIES	6
2.1.	PUBLIC WORKS AUTHORITY (PWA) – ASHGHAL	6
2.2.	SUPERVISION CONSULTANT (SC)	6
2.3.	CONSTRUCTION CONTRACTORS	6
3.	HEAT-RELATED ILLNESSES	7
3.1.	HEAT STROKE	7
3.2.	HEAT EXHAUSTION	7
3.3.	HEAT CRAMPS	8
3.4.	HEAT SYNCOPE	8
3.5.	HEAT RASH	9
4.	ELEMENTS AFFECTING HEAT STRESS	9
4.1.	PERSONAL FACTORS	9
4.2.	ENVIRONMENTAL FACTORS	9
4.3.	JOB FACTORS	9
5.	HEAT STRESS CONTROL & PREVENTION	9
5.1.	ENGINEERING CONTROLS	9
5.2.	ADMINISTRATIVE CONTROLS	10
5.3.	CLOTHING:	12
6.	WET BULB GLOBE TEMPERATURE	13
7.	APPENDICES	15

1. GENERAL

1.1. INTRODUCTION

In line with the Occupational Health, Safety, and Wellness Policy, Ashghal is dedicated to ensuring a healthy and safe work environment for all employees, partners, collaborators, and stakeholders, free from incidents and injuries.

Therefore, this guidelines document is key to ensuring worker health, compliance with safety regulations, and reducing heat stress incidents, reflecting Ashghal' s commitment to a safe workplace.

1.2. PURPOSE

This guideline aims to identify, assess, and manage heat stress risks while establishing procedures for implementing emergency protocols. It serves as a reference for employees, partners, and stakeholders, including supervision consultants (SC) and construction contractors (CC), ensuring compliance with Ashghal and other legal requirements related to heat stress prevention and management.

1.3. OBJECTIVE

The guideline's objective is to safeguard workers' health by preventing illnesses and injuries caused by heat exposure, ensuring a safe and healthy work environment that promotes well-being and productivity in Ashghal operations by clearly establishing roles and responsibilities to support effective heat stress management.

1.4. DEFINITIONS

- 1.4.1. **Heat stress** occurs when the body is unable to regulate its temperature during physical exertion in hot and humid conditions, leading to excessive fluid loss through heavy sweating. This imbalance can disrupt the body's temperature control mechanisms, resulting in various health issues. Heat stress can occur not only under direct sunlight but also in shaded areas or indoors.
- 1.4.2. **Heat-related illness** Any illness brought by excessive exposure to heat without adequate water, shelter, and proper acclimatization.
- 1.4.3. **Heat exhaustion** This occurs when the body can no longer keep blood flowing to supply vital organs and to the skin to reduce body temperature.
- 1.4.4. **Heat stroke** It is the result of prolonged exposure to hot and humid weather; with the body's inability to dispose of liquids by sweat, it can cause a sudden syncope and collapse.
- 1.4.5. **Heat rash** the heat rash occurs when skin glands are blocked, and sweat is retained under the skin when extreme sweating during summer or when doing hard work.
- 1.4.6. **Heat cramps** It is an involuntary muscle cramp that affects the human body and is very painful; usually occurs when a person is sweating and doing hard work, such as long work, excess movement, physical exercise, and brisk walking.
- 1.4.7. **Acclimatization** It is a gradual physiological adaptation that improves workers' capacity to tolerate heat stress by optimizing human thermo-physiological responses in the heat.
- 1.4.8. **Outdoor workplace** A workplace where workers are exposed to weather conditions (such as solar radiation, humidity, and heat). [ministerial decision no. 17 of 2021, article 1]

1.5. ABBREVIATIONS

ASHGHAL	Client
PWA	Public Works Authority
RE	Resident Engineer
SRE	Senior Resident Engineer
SC	Supervision Consultant
HSM	Heat Stress Management
MoPH	Ministry Of Public Health
ERP	Emergency Response Plan
OHS	Occupation Health & Safety
WBGT	Wet Bulb Globe Temperature
PPE	Personnel Protective Equipment
TBT	Tall Box Talk
MHR	Maximum Heart Rate
QCS	Qatar Construction Specification

1.6. REFERENCES AND LEGAL REQUIREMENTS

- QCS last revision - Section 1 Part 10.9.5.2.3&4 / Section 1 Part 10.3.1.P / Section 11 Part 1.02 (1.2.1.8) / Section 11 Part 1.01 (1.1.13.2.E)
- Decision Of the Minister of Administrative Development, Labor, and Social Affairs No.17 Of 2021
- OSHA Technical Manual (OTM) Section III: Chapter 4 - Heat Stress
- Qatar Labor Law No.14 Of the Year 2004: Safety, Occupational Health, and Social Care (99-107)
- Key Findings - Assessment of Occupational Heat Strain and Mitigation in Qatar (2019) ADLSA, ILO, Fame Lab, and Supreme Committee for Delivery and Legacy (English and Arabic)
- Ministry Of Public Health - Heat Stress Guidelines & Recommendations.
- Heat stress Legislation in Qatar – A guide for employers – April 2023 – Ministry of labor.

Heat Stress Management Guideline

2. ROLES & RESPONSIBILITIES

The overall responsibility for preventing heat-related illnesses rests with the consultants and construction contractors, who plan, develop, and are required to ensure that these guidelines are incorporated into their respective Heat Stress Management Systems and followed without exception.

PWA (Public Works Authority) needs to oversee and enforce compliance with the Heat Stress Management Specification. By doing so, they can ensure that supervision consultants, as well as construction contractors working under Ashghal, follow the necessary guidelines to prevent heat-related illnesses. Regular audits and monitoring play a crucial role in maintaining safety standards.

2.1. Public Works Authority (PWA) – Ashghal

The Public Works Authority (PWA) shall establish develop, maintain, update and oversee the implementation of requirements and guidelines relating the Heat Stress Management.

Respective Affairs/Departments within the PWA shall communicate these requirements and guidelines appropriately to their partners and stakeholders and incorporate in the respective Contracts and tender documents as deemed necessary.

2.2. Supervision Consultant (SC)

The Supervision Consultant (SC) is responsible for:

- Conducting reviews and risk assessments of their work activities to identify potential heat stress hazards and risks to employees, and ensuring appropriate control measures are in place.
- Providing regular training and awareness sessions for employees on heat stress risks and control measures.
- Maintaining all necessary documentation related to heat stress management and training.
- Reviewing and ensuring the Contractors' Heat Stress Management Plan is sufficient and remains "Approved" through continuous follow-up with the Contractors.
- Performing daily/weekly formal and informal inspections of project sites and other premises, reporting findings, and following up to ensure compliance.
- Conducting focused audits to assess the implementation of the Contractors' Heat Stress Management Plan and monitoring processes.
- Offering technical support, guidance, and advice on heat stress-related issues to Construction Contractors when needed, to help them meet the requirements of the Heat Stress Management Plan.

2.3. Construction Contractors

The Construction contractor is responsible for the following:

- Creating and implementing a comprehensive plan, including a detailed risk assessment and mitigation plan to address heat stress risks, with control measures appropriate according to the Wet Bulb Globe Temperature (WBGT) Index regimes.
- Educating workers on the dangers of heat stress, prevention methods, and symptom recognition.
- Regularly monitoring weather conditions and heat indexes to identify high-risk periods.
- Ensuring ample drinking water, shaded rest areas, and appropriate personal protective equipment (PPE) are available.
- Modifying work hours to cooler times of the day and enforcing regular breaks to minimize heat exposure.
- Conducting regular health checks and monitoring employees for signs of heat stress.
- Establishing and communicating clear procedures for responding to heat-related illnesses.

- Maintaining records of heat stress management activities and ensuring compliance with relevant safety regulations.
- Ensuring front-line supervisors monitor employees daily for signs and symptoms of heat-related disorders.

3. HEAT-RELATED ILLNESSES

Ensuring that the most serious conditions are addressed first to prevent severe outcomes, this ranking of heat-related illnesses according to severity is crucial for prioritizing treatment and prevention efforts.

3.1. Heat Stroke

Heat stroke is the most severe heat-related condition, happening when the body loses its ability to regulate temperature. In this state, body temperature can quickly rise to 41°C or higher within 10 to 15 minutes as the sweating mechanism fails, preventing the body from cooling down. Without immediate emergency treatment, heat stroke can result in death or permanent disability.

Symptoms

- Body temperature highly rises.
- Confusion/dizziness.
- Hallucinations.
- Convulsions.
- Lack of sweating.
- Hot, dry skin.

Treatments

- Relocate the worker to a cool, shaded area.
- Notify the medical team.
- Call 999 and arrange for transportation to the hospital through emergency ambulance.
- Lay the worker down and elevate their feet.
- Use a cool shower or spray the worker with cool water.
- Do not give anything by mouth to an unconscious person.
- Fan the worker's body and remove their clothes immediately.

3.2. Heat Exhaustion

Heat exhaustion occurs when the body loses too much water and salt, typically through excessive sweating. Those most susceptible to heat exhaustion include elderly workers, individuals with high blood pressure, and those working in hot environments.

Symptoms

- Extreme weakness or fatigue.
- Nausea or vomiting.
- Muscle cramps and difficulty continuing work.
- Slightly elevated body temperature.
- Breathlessness or fast and shallow breathing.
- Heavy sweating.
- Headache.

Treatments

If not treated promptly, however, heat exhaustion can lead to heat stroke, which is a medical emergency. But in general, heat exhaustion casualties respond quickly to prompt first aid. It takes 30 minutes at least to cool the body down once a worker becomes overheated and suffers heat exhaustion.

When someone is experiencing heat exhaustion, you can help him cool down by:

- Allowing him to rest in a cool and shaded place.
- Providing cool water to drink
- Taking off extra clothes
- Taking a cool shower.

3.3. Heat Cramps

Workers who perform physically demanding work, for example digging or operating machinery in hot conditions are frequently affected by heat cramps. Sweating too much leads to the body's salt and moisture reserves being depleted. This is called electrolyte imbalance.

This condition can worsen into more serious heat-related disorders including heat exhaustion or heat stroke if it is not treated.

Symptoms

- Muscle pain or spasms are usually in the abdomen, arms, or legs.

Treatments

- Stop all activity and sit in a cool place.
- Stretch and rub your muscles.
- Drink juice, salted water, or commercial fluid replacement drinks.
- Do not return to strenuous work for a few hours after the cramps subside because further exertion may lead to heat exhaustion or heat stroke.

3.4. Heat Syncope

Heat syncope, also known as heat collapse, is a transient episode of fainting or dizziness triggered by overheating and a sudden decline in blood pressure. It typically arises during prolonged standing or abrupt movements in hot surroundings, caused by the widening of blood vessels, resulting in reduced blood circulation to the brain and muscles.

Symptoms

- Symptoms may manifest as light-headedness, dizziness, fainting, and weakness.

Treatments

Workers experiencing heat syncope should:

- Rest in a cool area.
- Lie down and elevate their legs.
- Drink water, clear juice, or a sports beverage slowly.
- Rise gradually from sitting or lying positions.
- 999 ambulances to be called immediately.

3.5. Heat Rash

Heat rash, also known as prickly heat, is the most common problem in hot work environments. It is a skin irritation caused by excessive sweating during hot, humid weather.

In most cases, heat rashes disappear a few days after heat exposure ceases. If the skin is not cleaned frequently enough, the rash may become infected.

Symptoms

- Redness or small red bumps on the skin.
- itching sensation on the skin where sweating occurs, such as the neck, chest, groin, or elbow creases.

Treatments

- Move to a cool location.
- Take a refreshing shower and gently dry the skin afterward.
- Maintain regular cleaning and drying of the skin, particularly before and after work activities.
- Consult a healthcare professional if the rash persists beyond two days or shows signs of infection.

4. ELEMENTS AFFECTING HEAT STRESS

4.1. Personal Factors

Factors such as body weight, age, prior heat-related illnesses (such as heart disease, diabetes, or hypertension), and behaviours like alcohol consumption, lack of exercise and lack of acclimatisation may contribute to heat-related risks.

4.2. Environmental Factors

The body primarily regulates heat through radiation and sweat evaporation. Environmental conditions, such as ambient air temperature, air circulation, and relative humidity, significantly impact the rate at which sweat evaporates, thus affecting the body's cooling process.

4.3. Job Factors

Wearing dark-coloured clothing increases the absorption of radiant heat, compounding the risk of heat stress when worn in demanding environments. Personal protective equipment (PPE) like fire or chemical-retardant gear can also worsen heat stress by hindering sweat evaporation.

Workers engaged in strenuous physical activities, such as heavy lifting or operating heat-emitting machinery, generate significant body heat, posing increased heat stress risks.

5. HEAT STRESS CONTROL & PREVENTION

Heat stress control involves a combination of engineering, administrative, and personal protective measures. These strategies are designed to protect workers from heat-related illnesses such as heat exhaustion, heat stroke, and other related conditions.

5.1. Engineering Controls

Key engineering controls for mitigating heat stress caused by the ambient weather conditions involve physical modifications to the work environment. These adjustments reduce heat exposure and enhance worker comfort, safety, and productivity in high-temperature conditions:

Heat Stress Management Guideline

5.1.1. **Ventilation and Air Conditioning**

By using fans and blowers to increase air circulation, installing air conditioning systems to lower ambient temperatures, or removing hot air from workspaces using exhaust fans, we can increase airflow through a work area. This helps enhance the evaporation rate and cooling of people, resulting in decreased heat stress.

5.1.2. **Shade shelters**

Shade shelters are one of the most effective methods for controlling heat stress in this climate. These shelters should be strategically placed at appropriate distances and locations, ensuring accessibility. They can significantly lower temperatures and reduce the risk of heat stress. Rest shelters should either be open to the air or equipped with ventilation or cooling systems. Additionally, facilities must provide enough drinking water for the entire workforce.

5.1.3. **Automated Equipment**

To reduce the need for direct human interaction with heat-producing machinery, consider using automated or remote-controlled equipment.

5.2. **Administrative Controls**

Key administrative controls for managing and mitigating heat exposure in the workplace focus on organizational and procedural measures:

5.2.1. **Acclimatization**

Acclimatization usually takes several days with a gradual build-up to expected heat loads, workloads, and duration of the job. If a person has not been working in a hot area, the same level of performance should not be expected as that of a person who has become acclimatized to the heat. Generally, it takes about a week to become 90 percent acclimatized to high heat levels. Deliberate acclimatization involves exposing employees to working in a hot environment for progressively longer periods over 7–14 days to help workers adapt safely. New workers can start with 20% of the usual workload, increasing by 20% daily, while experienced workers can begin at 50%, increasing by 10% daily. Appendix 1

If the worker has been away for several days in a significantly cooler area and/or has experienced a less strenuous work or exercise setting, an acclimatization schedule should be implemented if possible. Some acclimatization is lost after being on vacation for several weeks or returning from an extended illness.

In such cases consider the worker to be a new worker and start with 20% workload during the acclimatization process.

5.2.2. **Work Scheduling**

Managers or supervisors are responsible for adjusting working hours to comply with Qatari law, which mandates outdoor work cessation from 10:00 am to 3:30 pm between June 1st and September 15th (as per Ministerial Decision No. 17 of 2021). This ensures worker safety, enhances productivity, and fosters a healthier and more efficient workplace environment. Additionally, heavy tasks or work should be rescheduled to cooler parts of the day.

5.2.3. **Training And Awareness**

Fostering awareness among workers and supervisors through signage, toolbox talks, and regular communication, heat focused campaigns, and emergency drills helps recognize heat stress symptoms and risks, promotes adherence to preventive measures, and enhances productivity.

Heat Stress Management Guideline

5.2.4. Buddy System

When working on high-temperature jobs, it's important to work in pairs. Each person watches out for heat stress symptoms in the other person. This procedure is a crucial component of heat stress management. Buddies observe each other for symptoms like excessive sweating, dizziness, or fatigue, intervening if necessary and assisting promptly if a heat-related illness occurs. This helps reduce the risks associated with heat stress.

5.2.5. Work / Rest Cycles

Work/rest cycles are essential for managing heat stress in high-temperature environments. These cycles prevent overheating and reduce the risk of heat-related illnesses such as heat exhaustion and heat stroke by allowing the body to cool down. Regular breaks help maintain productivity and energy levels while ensuring workers stay hydrated. Implementing these cycles enhances safety by decreasing the likelihood of heat-related accidents and injuries. Furthermore, they support acclimatization and ensure compliance with occupational health and safety regulations, thereby protecting workers' health and well-being.

Appendix 2

5.2.6. Fluid Replacement

To prevent dehydration and regulate body temperature during heat stress, fluid replacement is essential. When doing hard work in hot areas, salt supplements are not recommended and should be taken only upon the advice of a doctor. A well-balanced diet can replace all necessary salts and electrolytes. It is recommended to consume at least 250 ml of fluid or water every 20 minutes to prevent dehydration and reduce the risk of illness.

5.2.7. Heat Index Monitoring

Employers can effectively monitor and manage heat stress on their worksites by taking and recording hourly readings with a hygrometer. These readings show the temperature, percentage humidity, and the effect of temperature on humidity using Wet Bulb Globe Temperature (WBGT) devices.

5.2.8. Flagging System

In all open workplace areas, it is strongly recommended to follow a flagging system for heat stress. This visual and easily understandable method uses colored flags to communicate the current heat risk level to workers. The Heat Index should be measured hourly using field Heat Stress Monitoring instruments (WBGT), and the associated flag color should be determined according to the matrix below. **Appendix 3**

5.2.9. Monitor workers

Ensuring safety and productivity requires health surveillance or monitoring workers for heat stress. This practice allows early detection and prevention of heat-related illnesses such as heat exhaustion and heat stroke. Continuous monitoring facilitates the implementation of preventative measures, reducing risks and maintaining productivity by minimizing downtime and absenteeism. Additionally, it ensures compliance with health and safety regulations and promotes worker education on hydration, breaks, and acclimatization, fostering a culture of safety and well-being.

Ashghal workers wellness initiatives identify workers with chronic diseases who are at a higher risk of heat related illnesses. Especially those with high blood pressure using diuretics medicines and those with diabetic nephropathy are at a high risk of developing heat related diseases and conditions.

6. WET BULB GLOBE TEMPERATURE

The Wet Bulb Globe Temperature (WBGT) index is a widely utilized tool for assessing occupational heat stress. The WBGT calculation incorporates three parameters that represent air temperature, humidity, wind speed, and solar radiation. To ensure accurate data collection, a WBGT measuring instrument should be positioned close to workers, ensuring it does not pose any safety risks or disrupt their workflow. This strategic placement ensures the data accurately reflects the workers' actual level of occupational heat stress.



The levels of occupational heat stress risk according to WBGT are as follows:

Level of occupational heat stress	WBGT
None	Lower than 27.8 °C
Low	27.8 °C to 29.4 °C
Moderate	29.5 °C to 31.0 °C
High	31.1 °C to 32 °C
Extreme	Higher than 32.1 °C

7. APPENDICES

Appendix 1: Acclimatization / re acclimatization guidelines

DAY	Activity (as a percentage of full work assignment)	
	Experienced worker	New worker
1	50%	20%
2	60%	40%
3	80%	60%
4	100%	80%
5	100%	100%

Appendix 2: General Heat Stress Index

WBGT Heat Index	Recommended Work: Rest period	Water requirements	Controls
Lower than 27.8 °C	50:10	1 Cup every 20 minutes	Continuous visual monitoring of workers in direct sun and heavy work
27.8 °C to 29.4 °C	40:10	1 Cup every 20 minutes	No working alone, Self-Pace
29.5 °C to 31.0 °C	30:10	1 Cup every 15 minutes	Work under shade
31.1 °C to 32 °C	20:10	1 Cup every 10 minutes	Stop elevated work
Higher than 32.1 °C	-----	-----	All outdoor work stopped

Appendix 3: Work Controls to minimize the effect of Heat Exposure



Appendix 4: Monthly Heat Stress Management Checklist

Monthly Heat Stress Management (HSM) checklist		
Date:		
Project Name:		Location:
Project Number:		
Consultant:		Contractor:
No.	Requirement	Action Y / N
1	HSM Plan prepared and implemented (reviewed and approved by the SC)- latest revision no.-----	
2	Conducting TBT, Training, campaigns and emergency drills about heat stress for workers—give details.	
3	Portable cool water canisters distributed	
4	Availability of conditioned transportation , shaded areas, and rest facilities with good conditions in the workplace.	
5	Heat stress prevention provided?	
6	Medical Screening for workers is available and performed annually or when needed and recorded.	
7	The WBGT temperature is recorded by the company in the workplace using approved and calibrated WBGT devices.	
8	Color-coded flagging system in place at all work areas	
9	Heat Index monitoring and flagging system changes according to WBGT result	
10	HSE representatives inspect the workplace during the hottest part of the day	
11	Daily/weekly monitoring the Heat stress is performed using checklists at all sites that experience hot conditions or operate during the summer period.	
12	Emergency arrangements in place including first aid equipment	
13	Acclimatization program arrangements - Details	
14	Work / Rest cycle arrangements	
15	Midday break hours monitoring	
Name & Position of Inspector:		Signature:

Appendix 5: Weekly Heat Stress Inspection Checklist - SC

Weekly Heat Stress Inspection Checklist			
Risk factor			
Date:			
Project Name:		Location:	
Project Number:			
Consultant:		Contractor:	
No.	1. Temperature & Humidity	Yes	No
1.1	Is the workplace located outdoors or indoors?		
1.2	(If indoor) Is the workplace directly affected by the temperature & humidity?		
1.3	Does the temperature of the workplace generally exceed 32 °C?		
1.4	Does the air in the workplace feel hot?		
1.5	Does the relative Temperature-Humidity Index check (WBGT)?		
No.	2. Heat Radiation	Yes	No
2.1	Do the workers work under direct sunlight?		
2.2	Are there any heat sources/heat-generating facilities near workers? (e.g., welding, hot surfaces, and machinery)		
No.	3. Air Movement	Yes	No
2.1	Is the air stagnant in the workplace where the environment is hot?		
3.2	Is any warm or hot air blowing onto the workers?		
No.	4. Workload	Yes	No
4.1	Is the workload heavy?		
4.2	Do the workers perform intensive manual work?		
No.	5. Clothing	Yes	No
5.1	Do the workers wear proper clothing?		
No.	6. Acclimatization	Yes	No
6.1	Are the workers acclimatized to the hot work environment?		
Name & Position of Inspector:		Signature:	

Appendix 6: Daily Heat Stress Inspection Checklist

Daily Heat Stress Inspection Checklist				
Date:				
Project Name:		Location:		
Project Number:				
Consultant:		Contractor:		
No	Worksite Assessment	Yes	No	If No Give the Corrective Actions
1	Suitable and available personal protective equipment			
2	Signage of Heat Stress index and awareness are available at all Worksite locations.			
3	Employees/workers are aware of the Hazards of Heat Stress and Symptoms Heat stress induction/TBT conducted.			
4	Emergency Response person's contact Numbers are Posted with the position.			
5	Availability of Medical requirements On-site			
6	Availability of First Aider at Worksite with contact number			
7	The Recovery Areas with Adequate Shading are available and accessible.			
8	Availability of a Clean and cool Drinking Water Container in the shaded area.			
9	Urine Chart Posted in Toilets (Chart inappropriate language).			
10	Supervisor/Foreman Receive Updated Heat Stress SMS or Other Notifications			
11	Heat Index Flags are visible and maintained			
Name & Position of Inspector:		Signature:		

Appendix 7: Supreme Council of Health Dehydration Guide

لون البول يشير إلى مدى حاجة الجسم للماء
The color of urine tells how your body needs water
پیشاب کا رنگ کہتا ہے کتنا پانی آپ کے جسم کو ضرورت ہے؟
മൂത്രത്തിന്റെ ഈ നിറങ്ങൾ ശരീരത്തിൽ എങ്ങനെ വെള്ളം ആവശ്യമെന്ന് പറയുന്നു

اشرب ماء على الفور
Drink Water Immediately
پانی کو فوری طور پر پیو
ഉടൻ വെള്ളം കുടിക്കുക

اشرب مزيداً من الماء
Drink More Water
اور زیادہ پانی پیو
ധാരാളം വെള്ളം കുടിക്കുക

جيد: استمر في شرب الماء
Good: Continue Drinking Water
اچھا ہے : پانی پینا جاری رکھو
നല്ലത് : വെള്ളം കുടി തുടരുക

 www.moph.gov.qa www.hiq.gov.qa [/MOPHqatar](https://www.facebook.com/MOPHqatar) [/MOPHqatar](https://www.instagram.com/MOPHqatar)

Appendix 8: Ashghal enforcing stopping outdoor working during the summer season:

هيئة الأشغال العامة
Public Works Authority

وزارة العمل
Ministry of Labour
دولة قطر - State of Qatar

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Enforcing the rule of banning outdoor working during the summer months

بدء تطبيق قرار حظر العمل في الأماكن المكشوفة في فصل الصيف

Dear Colleagues,

As per the Ministerial Resolution No. 17 of 2021 regarding the necessary precautions to protect workers from the dangers of heat stress during summer.

In the open outdoor workplaces and shaded places that are not equipped with appropriate ventilation will be **banned from 10 am to 3:30 pm, starting from June 1st to September 15th every year.**

السادة المحترمون،

حسب القرار الوزاري رقم 17 لسنة 2021 فيما يتعلق بالاحتياطات اللازمة لحماية العمال من أخطار الإجهاد الحراري خلال فصل الصيف.

تحدد ساعات العمل، للأعمال التي تؤدي تحت الشمس أو في أماكن العمل المكشوفة وفي غير أماكن العمل المظللة والمزودة بالتهوية، خلال المدة من (1) يونيو وحتى (15) سبتمبر من كل عام. بحيث يمنع مباشرة العمل في الفترة من الساعة العاشرة صباحاً حتى الساعة الثالثة والنصف مساءً.

June 1st, 2024

Ban on outdoor work during the summer enforced

Ban Hours		Enforcement Period	
10:00 a.m	3:30 p.m	1 June	15 September

1 يونيو 2024

بدء تطبيق قرار حظر العمل في الأماكن المكشوفة في فصل الصيف

مدة تطبيق القرار		ساعات الحظر	
15 سبتمبر	1 يونيو	3:30 عصراً	10:00 صباحاً

With Regards,

وتفضلوا بقبول فائق الاحترام

[AshghalQatar](#)
www.ashghal.gov.qa
 188

Ashghal 24/7

Appendix 9: Sample of awareness Signage of Heat Stress index:



PREVENT HEAT ILLNESS AT WORK

Outdoor and indoor heat exposure can be dangerous.

Ways to Protect Yourself and Others



Ease into Work

- ✓ New and returning workers need to build tolerance to heat (acclimatize) and take frequent breaks.
- ✓ Follow the 20% Rule. On the first day, work no more than 20% of the shift's duration at full intensity in the heat. Increase the duration of time at full intensity by no more than 20% a day until workers are used to working in the heat.



Drink Cool Water

Drink cool water even if you are not thirsty — at least 1 cup every 20 minutes.



Dress for the Heat

Wear a hat and light-colored, loose-fitting, and breathable clothing if possible.



Take Rest Breaks

Take enough time to recover from heat given the temperature, humidity, and conditions.



Watch Out for Each Other

Monitor yourself and others for signs of heat illness.



Find Shade or a Cool Area

Take breaks in a designated shady or cool location.



If Wearing a Face Covering

Change your face covering if it gets wet or soiled. Verbally check on others frequently.

First Aid for Heat Illness

The following are signs of a medical emergency!



- Abnormal thinking or behavior
- Slurred speech
- Seizures
- Loss of consciousness



- ① CALL 999 IMMEDIATELY
- ② COOL THE WORKER RIGHT AWAY WITH WATER OR ICE
- ③ STAY WITH THE WORKER UNTIL HELP ARRIVES

Watch for any other signs of heat illness and act quickly. When in doubt, call 999.

If a worker experiences:

- Headache or nausea
- Weakness or dizziness
- Heavy sweating or hot, dry skin
- Elevated body temperature
- Thirst
- Decreased urine output



Take these actions:

- Give water to drink
- Remove unnecessary clothing
- Move to a cooler area
- Cool with water, ice, or a fan
- Do not leave alone
- Seek medical care if needed



Occupational Safety and Health Administration

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هيئة الأشغال العامة
Public Works Authority

Heat stress

Dear Colleagues,

Heat stress is an illness that can be caused by exposure to extreme heat. It occurs when the body is unable to maintain a healthy temperature in response to a hot environment.

Heat stress can affect individuals in different ways, and some people are more susceptible to it than others.

Typical symptoms are:

- Excessive sweating
- Skin Paleness and coldness
- Rapid heartbeat
- Muscle cramps
- Weakness
- Dizziness
- Headache
- Vomiting and nausea
- Dark urine due to dehydration.

الإجهاد الحراري

الزملاء الأعزاء،

الإجهاد الحراري هو مرض يحدث بسبب التعرض لحرارة شديدة حيث يفشل الجسم في الحفاظ على درجة حرارة صحية في بيئته حارته. وأن تأثير الإجهاد الحراري على الأفراد يختلف من شخص لآخر ويمكن أن يكون بعض الأشخاص أكثر عرضة من الآخرين.

ومن الأعراض البارزة:

- التعرق الشديد
- شحوب وبرودة الجلد
- سرعة نبضات القلب
- تشنجات العضلات
- الضعف
- الدوخة
- صداع الرأس
- قيء وغثان
- البول الداكن بسبب الجفاف.

When symptoms of heat stress is detected, immediately:

- Get out of the heat.
- Rest, preferably in an air-conditioned room or try to find the nearest cool and shady place.
- Also, Drink plenty of fluids (avoid caffeine), Remove unnecessary clothing, take a cool shower.

في حال التعرض لأعراض الإجهاد الحراري يجب:

- التروج من بيئة الحرارة فوراً.
- الاستراحة في غرفة مكيفة إن أمكن أو في مكان بارد ومظلل.
- كما يجب شرب الكثير من السوائل (تجنب الكافيين)، وازرع الملابس غير الضرورية، والاستحمام بماء بارد.

If such measures fail to provide relief within 15 minutes, seek emergency medical help, because **untreated heat stress can progress to heat stroke.**

في حال فشل هذه الإجراءات في توفير الراحة للمصاب خلال 15 دقيقة، يجب طلب المساعدة من الطوارئ. لأن **عدم معالجة حالة الإجهاد الحراري سيؤدي إلى ضربة شمس.**

Make sure that you are hydrated before starting the work.

يجب التأكد من شرب الماء بشكل المتكتم قبل البدء في العمل.

188
www.ashghal.gov.qa
Ashghal Qatar

تمتد الخدمة
From 8am to 4pm
Ashghal 24/7

قسم السلامة والصحة المهنية
Occupational Health & Safety Section

Work Safely in Heat

Both outdoor and indoor heat exposure can pose significant health risks. Follow these guidelines to protect yourself and your colleagues:

العمل بأمان مع ارتفاع درجات الحرارة

قد يشكل التعرض للحرارة سواءً في الأماكن المغلقة أو خارجاً مخاطر صحية كبيرة لذا يرجى اتباع هذه الإرشادات لحماية نفسك وزملائك:

اتخذ هذه الإجراءات
Take these actions

توفير مياه للشرب
Provide water to drink

تبريد بالهناك أو التلي أو مروحة
Cool with water, ice, or a fan

التقليل إلى منطقة باردة ومظللة
Move to cool and shady area

استعن بالطبيب إذا لزم الأمر
Seek medical help if needed

ارتد أي ملابس غير ضرورية لتجنبها
Remove unnecessary clothing

°C

قد يسبب اعياء الحرارة
Heat illness can cause

التعرق المفرط
Excessive Sweating

احمرار وجفاف الجلد
Skin Redness and Chubbness

تسارع القلب السريع
Rapid Heartbeat

الصداع
Headache

تشنجات العضلات
Muscle Cramps

التعب والضعف أو الدوران
Weakness or Dizziness

انخفاض معدل إنتاج البول
Decreased in Urine Output

القيء والغثبات
Vomiting or Nausea

Precautions to Protect Yourself and Others:

- Stay hydrated by drinking water regularly.
- Take sufficient rest breaks in shady/cool areas to recover from heat exposure.
- Continuously monitor yourself and others for any signs of heat illness.
- Stop work in areas where WBGT measurement exceeds 32.1 °C
- Raise awareness about heat stress for yourself and others.
- Inform first aiders or safety representatives of any signs you observe.

Ensure safety of yourself and others by taking the necessary precautions in heat-exposed environments.

OSHA – Occupational Safety and Health Administration
Ministry of Labour Qatar (Ministerial Decision, No. 17 of 2021, Article 4)

الاحتياطات التي يجب اتباعها لحماية نفسك والآخرين:

- الاستمرار بشرب الماء طوال اليوم.
- خذ فترات كافية من الراحة في المناطق المظللة/الباردة للتعافي من حرارة الشمس.
- راقب نفسك والآخرين بشكل مستمر بحثاً عن أي اعراض لاعياء الحرارة.
- توقف عن العمل في المناطق التي تكون درجة WBGT فيها أعلى من 32,1 درجة مئوية.
- نشر الوعي حول الإجهاد الحراري.
- قم بإبلاغ المسعفين أو مسؤولي السلامة عن أي علامات تلاحظها.

تأكد من سلامتك وسلامة الآخرين من خلال اتخاذ الاحتياطات اللازمة في بيئة العمل المعرضة للحرارة.

OSHA – إدارة السلامة والصحة المهنية
وزارة العمل [القرار الوزاري رقم 17 لسنة 2021، المادة 4]



الإجهاد الحراري

സൂര്യതാപം HEAT STRESS

<p>ജോലി സമയത്ത് സ്വയരക്ഷ പാലിക്കുക</p> <p>PROTECT YOURSELF AT WORK</p> <p>احمي نفسك أثناء عملك</p>		
<ul style="list-style-type: none"> • إشرب الماء البارد كل 15 دقيقة • تجنب شرب الشاي والقهوة ومشروبات الطاقة والمشروبات الغازية • DRINK COOL WATER EVERY 15 MINUTES • AVOID TEA, COFFEE, ENERGY DRINKS & SOFT DRINK • ഒരോ 15 മിനുറ്റിലും തണുത്ത വെള്ളം കുടിക്കുക • ചായ, കാഫീ, ഉത്തേജക പാനീയങ്ങൾ, ശീതള പാനീയങ്ങൾ തുടങ്ങിയവ ഉപേക്ഷിക്കുക 		
<ul style="list-style-type: none"> • خذ قسطاً من الراحة بشكل متكرر أثناء العمل • SCHEDULE MORE FREQUENT BREAKS DURING THE WORK • ജോലി സമയങ്ങളിൽ ഇടക്കിടെ വിശ്രമിക്കാൻ ശ്രമിക്കുക 		
<ul style="list-style-type: none"> • تناول الغذاء الصحي والخفيف • EAT RIGHT EAT LIGHT • നല്ല ഭക്ഷണം മിതമായ അളവിൽ കഴിക്കുക 		
<ul style="list-style-type: none"> • احرص على ارتداء ملابس خفيفة وواسعة • غطي رأسك في الأماكن الخارجية • WEAR LIGHT, LOOSE CLOTHING • KEEP YOUR HEAD COVERED WHEN OUTDOORS • അയഞ്ഞതും കനം കുറഞ്ഞതുമായ വസ്ത്രം ധരിക്കുക • പുറത്ത് പോകുമ്പോൾ തല മറക്കുക 		