



## Safe Summer

# Beware of Heat Stress...

## 12 Warning Signs You Should Know

### What Are the Symptoms of Heat Stress?



Intense  
thirst



Feeling of fatigue  
or general tiredness



Profuse  
sweating



Dizziness or  
lightheadedness



Nausea or vomiting



Mild  
headache



Rapid heartbeat



Muscle cramps



Irritability or  
difficulty  
concentrating



Elevated body  
temperature  
(38–39.5°C)



Cool or moist skin  
with slight paleness



Redness or  
warmth of the  
skin



# Heat Stress...Long-Term Risks That May Affect Your Health

## Long-Term Symptoms of Heat Stress

1

Chronic fatigue or persistent exhaustion even after exposure ends

2

Sleep disturbances

3

Reduced physical and mental performance

4

Difficulty regulating body temperature with recurring heat sensitivity

5

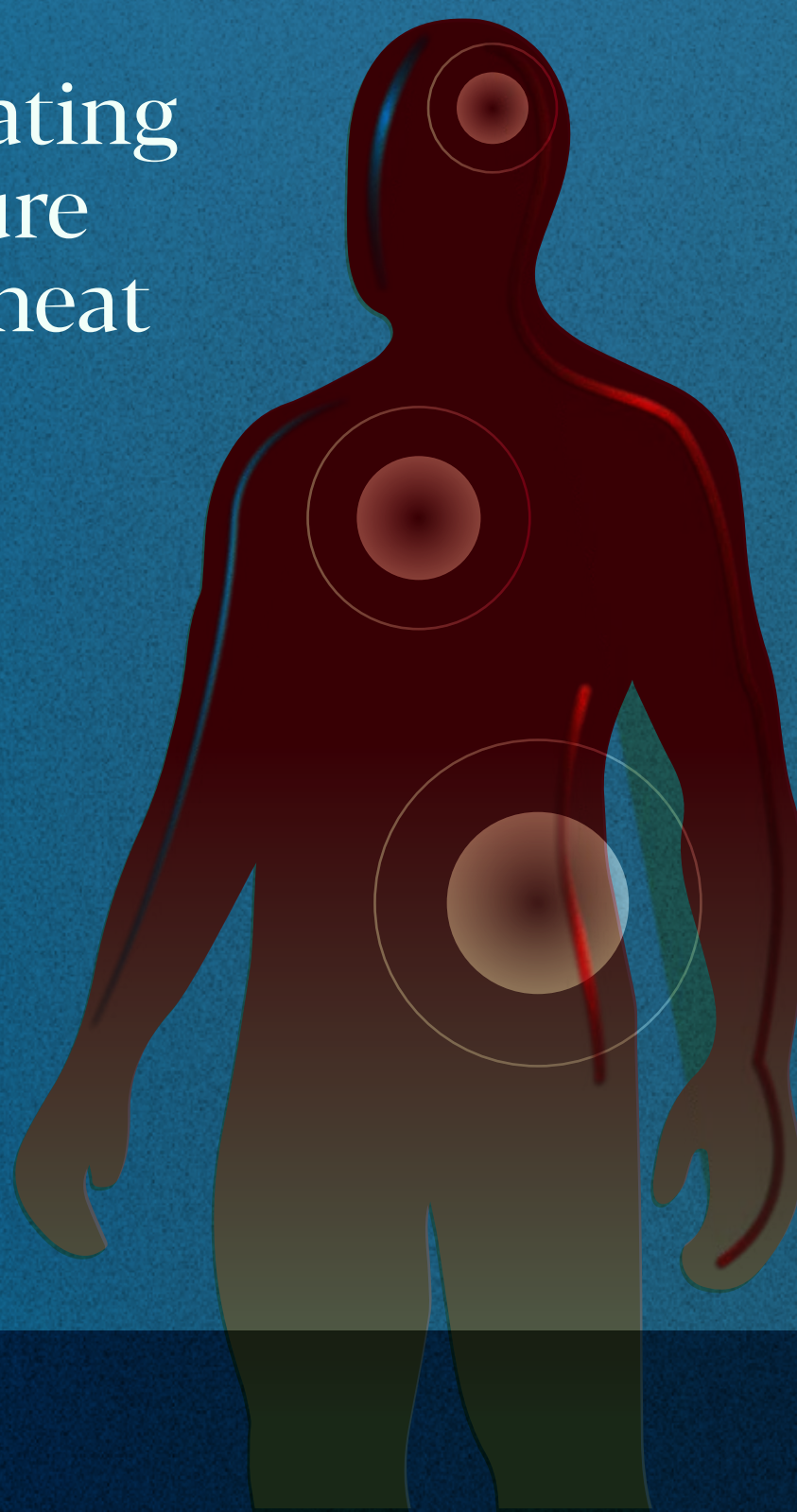
Irregular blood pressure or heart rate

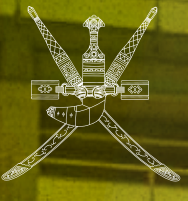
6

Impaired kidney or heart function over time (in severe or repeated cases)

7

Increased risk of cardiovascular diseases due to repeated heat stress





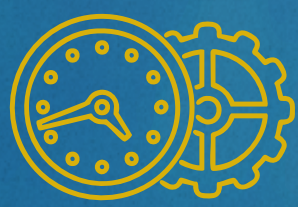
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**General Recommendations  
for Preventing Heat Stress**



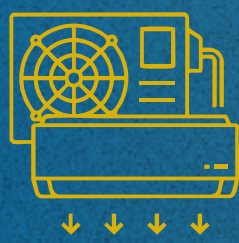


## For Employers:



### Smart Work Scheduling:

- Schedule strenuous tasks during early morning or late afternoon hours
- Workers shall not be employed at construction sites or in open areas exposed to high temperatures during midday hours, from 12:30 p.m. to 3:30 p.m., throughout the months of June, July, and August each year.”



### Cooling and Ventilation:

- Install air conditioning units or fans in indoor workspaces.
- Use canopies and portable fans at outdoor sites.



### Regular Breaks:

- Provide frequent breaks in shaded or air-conditioned areas.
- Allow a break every 45–60 minutes when working in hot environments
- Ensure hydration supplies are available



### Training and Awareness:

- Train workers to recognize heat stress symptoms and respond appropriately



## For Employers:



### Provide educational materials at worksites

- posters, leaflets, short videos, etc



### Monitor temperature and humidity of worksite daily



### Implement an emergency plan

- for a heat-stress emergency response



### Identify high-risk workers

- such as those with diabetes, heart disease, or those taking diuretics) and prioritize them for preventive measures





## For Workers:



### Adequate Hydration:

- Drink water regularly (one cup every 15–20 minutes), even if not thirsty
- Avoid caffeinated, sugary, or carbonated drinks.



Consume light and nutritious meals to help reduce the heat burden from digestion



Notify the supervisor as soon as any unusual symptoms appear



### Protective Clothing:

- Wear light, loose-fitting, light-colored clothing made of breathable materials
- Use protective hats or helmets designed to shield from the sun.

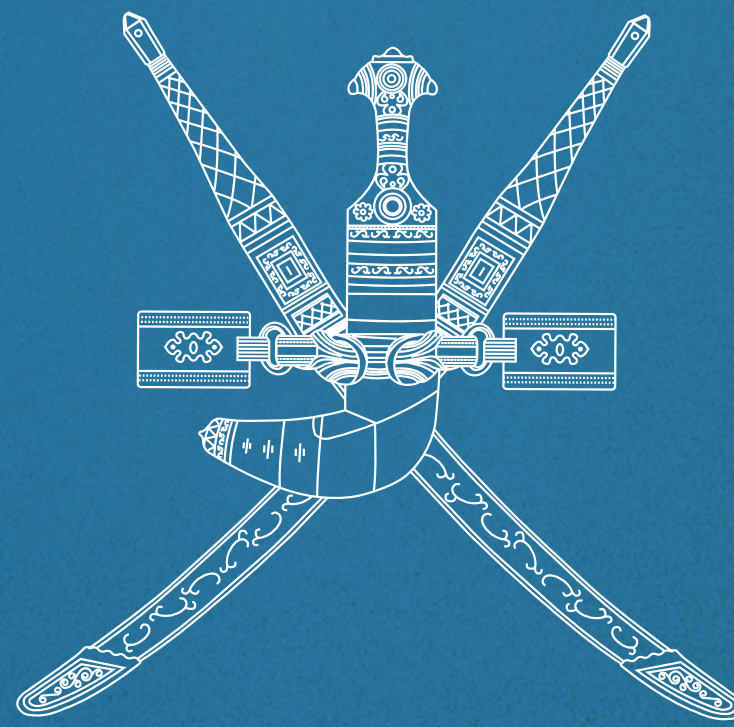


Do not ignore early symptoms such as dizziness or fatigue





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