

Safety in Heat

Important tips for preventing heat stress:

- Drink enough water.
- Avoid drinks that contain large amounts of sugar.
- Add some extra salt to food and drink to compensate for the loss of salt from sweating.
- Get enough sleep and rest.
- Inform your supervisor if you are feeling unwell.



Please send an email to safetyinheat@adphc.gov.ae for more inforamtion













