



Pakistan Oilfields Limited HSE Bulletin May, 2022



“STAYING HYDRATED IS THE KEY, FOR A SAFE SUMMER FOR YOU AND ME”

SUMMER AND ITS PRECAUTIONS

WHAT IS HOT WEATHER?

Hot weather is a period of unusually high temperatures. Summer in our region becomes very hot starting from the month of May till end of August. In these months the temperature raises from 35 to 45 degree Celsius. In some parts of Pakistan it raises up to 50 degree Celsius. Working outside under scorching heat becomes very difficult in such hot & humid environment. Summer season is therefore associated with many health and safety risks which should not be ignored.



ASSOCIATED RISKS OF HOT WEATHER

Many people suffer from heat-related effects, illnesses due to hot weather every year. To get through hot weather safely, awareness of its dangers and how to avoid them is necessary. Some common risks associated with hot weather are as follow:-

HEAT STROKE

Heat stroke is the most serious heat-related illness. It occurs when the body becomes unable to control its temperature and the body temperature rise to 40.0 °C (104.0 °F) or higher. The body temperature rises rapidly, the sweating mechanism fails and the body is unable to cool down. Symptoms are high fever,



dry skin, nausea, dizziness, unconsciousness and no sweating. Heat stroke is most likely to affect people who don't drink enough water and work under direct sunlight.

ہیٹ اسٹروک گرمی سے متعلق سب سے سنگین بیماری ہے۔ یہ اس وقت ہوتا ہے جب جسم اپنے درجہ حرارت کو کنٹرول کرنے میں ناکام ہو جاتا ہے: جسم کا درجہ حرارت تیزی سے بڑھتا ہے، پسینے کا طریقہ کار ناکام ہو جاتا ہے، اور جسم ٹھنڈا نہیں ہو پاتا۔

HEAT RASH AND SUN BURN

Heat rash is also known as prickly heat. Heat rash occurs when sweat is trapped in the skin. Symptoms can range from small blisters to deep, inflamed lumps.



Sunburn is the skin damage from sun ultraviolet (UV) rays. It usually appears within a few hours after too much exposure to ultraviolet (UV) light from sunshine or artificial sources. Its symptoms are redness, pain and blisters.

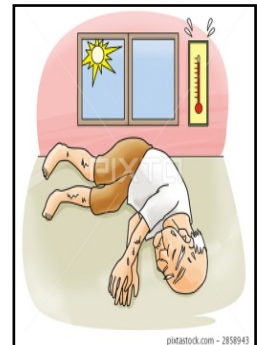
زیادہ سے زیادہ پانی پیئے اور متاثرہ جلد پر مناسب مرہم کا استعمال کریں۔ باقاعدگی سے تازہ اور ٹھنڈے پانی سے غسل کریں۔ متاثرہ جلد کو دھوپ سے بچائیں۔

HEAT SYNCOPE

Heat syncope often occurs in individuals that are un-acclimatized to the heat (the body is not used to high environmental temperatures). Factors that may contribute to heat syncope include dehydration and poor environmental conditions.

Acclimatize body before working in harsh environment.

Heat syncope can be treated by adopting following measures:-



Rest in a cool place; getting into an air-conditioned building is best but at the very least find a shady spot or sit in front of a fan, Drink cool fluids i.e. water, Try cooling measures and loose clothing.

DEHYDRATION & HEAT EXHAUSTION

Dehydration and heat exhaustion is body response to an excessive loss of the water and salt, usually through excessive sweating.

In this condition, the blood thickens and body can no longer keep blood flowing to supply vital organs and skin to reduce body temperature.



Its symptoms are headache, nausea, dizziness and weakness.

پانی کی کمی اور گرمی کی وجہ سے تھکن کی صورت میں فوری طور پر پانی پیئیں اور ٹھنڈی جگہ میں چلے جائیں۔ آرام کریں کیونکہ پانی کی کمی اور تھکن لو لگنے کا باعث بھی بن سکتی ہے۔

DAMAGE TO EYES

Many eye problems caused by sunlight are cumulative, meaning they result from repeated and consistent sunlight exposure. Serious eyes damage can occur from not protecting your eyes from direct or indirect sunlight in summer season. Vision problem and eye pain.



Use of sunglasses while going outdoors can significantly reduce the damage to eyes. Seek medical attention in case you experience any problem with vision or abnormality in eyes.

WHO ARE AT RISK?

Some individuals are more likely to be affected by hot weather than others. Younger employees and those more physically fit are often at less risk to hot weather. However, certain behaviors and certain work types can put people at greater risk. Following are some categories who are more likely to be affected by hot weather;



- Elderly people and young children.
- Workers involved in strenuous outdoor work.
- People with certain medical conditions e.g. heart diseases, blood pressure or diabetic.
- People who are not acclimatised to the heat and spend most of the time in air conditioned rooms.

HOW CAN YOU BE SAFE?

Here are the simple ways to keep you safe in hot weather:

Hot Weather Safety Precautions



Stay Hydrated

زیادہ سے زیادہ پانی پیئیں اور اپنے پاس پانی کی بوتل ضرور رکھیں۔

Wear Light Clothing

ڈھیلا اور ہکا لباس پہنیں۔ گہرے رنگ کے کپڑے پہننے سے گریز کریں۔

Cover Your Head & Skin

دھوپ میں نکلنے وقت سر اور چہرے کو ڈھانپ کے رکھیں۔

Wear Sunglasses

دھوپ میں نکلنے وقت کالے چشمے کا استعمال کریں۔

Plan Outdoor Work in Morning Time

باہر کے کام دن کے آغاز میں ختم کرنے کی کوشش کریں۔

Take Rest Breaks

تھکن کی صورت میں تھوڑا آرام کر کے دوبارہ کام شروع کریں۔

Avoid Caffeine and Carbonated Beverages

کافی اور بازار کی مشروبات سے پرہیز کریں۔ ایسے مشروبات پیاس میں اضافہ کرتے ہیں۔

Eat Healthy & Balanced Food

متوازن غذا کا استعمال کریں۔ پھلوں اور سبزیوں کو ترجیح دیں۔

Take Care of Elderly & Children

بچوں اور بزرگ افراد کا خیال رکھیں۔ بچوں کو دوپہر میں باہر مت نکلنے دیں۔