

Conduct self-monitoring at the workplace by observing the color of urine (yellow urine means you are dehydrated), checking the Heat Index, being vigilant of other workers and taking note of the flagging system in your area.



Self-Monitoring

Immediately reporting the earliest signs of heat exhaustion will prevent escalation to more serious heat related illnesses. If anybody suffers a heat-related illness, they should receive medical treatment and clearance (fitness-to-work) from QG Medical before returning to normal duties.

If you have any medical conditions that reduce your tolerance to heat, report it to your supervisor and get medical approval to work onsite.

Understand that any heat stress-related sickness such as heat exhaustion, heat cramps or heat stroke is a very serious and very common risk in hot environments. Since Heat Stress is cumulative, exposure to hot weather for several days can have a delayed effect on your body, especially if proper mitigation/controls are not in place to keep you safe.

Ask your supervisor for welfare facilities, including shaded areas, plenty of water stations, with date-labelled, hygienic water containers. Ask about heat-stress training & awareness.

Speak Up if you are new to the country or recently joined your company. Acclimatization is key to safe work during the Heat Stress season. If you or anyone in your team experiences any of these heat-related symptoms speak up:

Symptoms:

- Weakness
- Nausea
- Headache
- Itchy skin
- Red spots or marks on the skin
- No sweating
- Irrate Behavior
- Hot Dry Skin
- Confusion
- Fainting

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Heat Stress Guide

Heat Stress season is here and the weather is extremely hot. The high temperatures and high humidity mean the Heat Index goes higher than 54 on many days.



**DO NOT WAIT
UNTIL YOU
FEEL THIRSTY.
DRINK WATER**

Water is mandatory PPE during Heat Stress Season in Qatargas. Carry your water flask with you always and drink at least 150-200ml (a cup) every 15 – 20 minutes.

NO WATER = NO WORK!

**An Incident and Injury Free
Heat Stress Season is up to me!**

If you feel bad or you observe someone feeling ill, immediately call **QG Emergency Number on 7777** (or 4473-7777). For RLIC Emergencies call **135**.



What is the Heat Index?

The Heat Index is how hot the air actually feels to your body. The heat and discomfort felt are the combined effects of the temperature and humidity of the air.

The Heat Index is based on the percentage of water vapor (humidity) in the air and the actual temperature in degrees Celsius ($^{\circ}\text{C}$). Below is a guide for work controls using the Heat Index Flagging System:

	Heat Index	Safe Working Controls
	27 — 31	Follow standard PTW, JSA and LMRA Controls. Work/Rest (50/10) Cycle
	32 — 38	Use Partner/Buddy System Drink water every 20 mins Work/Rest (40/10) Cycles Work in shaded areas Avoid heavy-duty work Direct Supervision and visual monitoring required for any work at height, under the sun or in a confined space
	39 — 49	All mitigation measures above to be followed Drink Water every 15 mins Work/Rest (30/10) Cycles
	50 — 53	All mitigation measures above to be followed Drink water every 10 mins. Work/Rest (20/10) Cycles
	>54	ONLY essential activities. Follow mitigation measures above & additional controls based on risk assessment

Check the daily weather and Heat Index through the QG Medical website, or sign up for daily Heat Index notifications directly to your phone by emailing Industrial Hygiene at:

amasadi@qatargas.com.qa

Heat Index 54 Remember

What can you do in an emergency, if you or your colleagues experience a heat stress illness?

- Immediately remove the person from areas with direct sunlight or radiant heat. Bring to a fresh, cool or AC environment.
- Call the QG Emergency Number (7777) and request help (do not leave the person alone if possible).
- Cool down the person by applying cool water or a wet cloth on their skin and removing any layers of clothing (shoes, shirt, socks, sleeves).

Find QG [Heat Stress Management Procedure](#) (01.07.12.00) and QG OPCO Heat Stress Implementation Plan on the QG intranet portal

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Beat the Heat by following these Heat Stress tips in your daily work:

1. Plan critical work in advance considering recent and expected temperatures.
2. Drink water regularly.
3. Do not wear multi-layer clothes and avoid working under direct sunlight.
4. Work with a partner or buddy and make sure you have effective communications with your supervisor and QG
5. Respect the work/rest cycles and know the location of rest shelters, toilets, shaded areas and water stations.
6. Have a good, strong breakfast and get enough rest on nights before work duties.
7. If you feel tired, excessively sweaty or dizzy, report to your supervisor, safety officer and /or medic.
8. If you are fasting during the Holy Month of Ramadan, take extra precautions to work safely (e.g. longer rest cycles, light duties only, work indoors). If you are not fasting, you are permitted to drink water in public inside the plant only.

