**Protect Yourself At Work**

- Drink cool water every 15 minutes
- Avoid tea, coffee, energy drinks & soft drinks
- Drink 15 ml of water per kg of body weight every 15 minutes
- Avoid sun exposure, especially during peak hours, and wear protective clothing

- Schedule more frequent breaks during the work
- Wear light, loose clothing
- Keep your head covered when outdoors

**Heat Stress**

- Take healthy and light meals
- Avoid heavy meals before working

- Avoid excessive sun exposure
- Use protective clothing

**Emergency Plan**

- Know the emergency contact numbers
- Have a designated place to go in case of an emergency

**Safety Tips**

- Stay hydrated
- Wear appropriate clothing
- Take frequent breaks

**Support Services**

- Call 999 or 112 for emergencies
- Contact your nearest medical facility

---

**المصادر**

- Ministry of Public Health
- Qatar Health Authority