MINISTRY OF MANPOWER

ACE

Protect yourself from Heat Stress

1.

STAY IN SHADED AREAS

- ·Remain indoors and stay away from direct sunlight if possible.
- Avoid recreational activities during the day.

2.

ENSURE HYDRATION

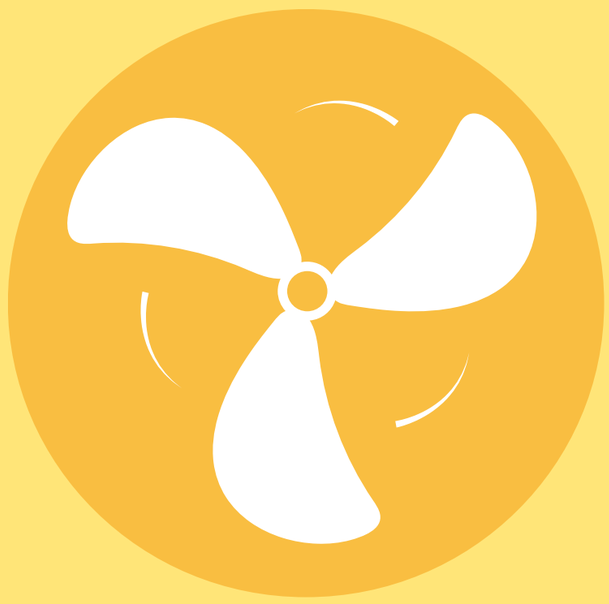
- Carry a filled bottle at the start of each workday and refill your bottle regularly.
- Drink one glass of cool water every half an hour, if feasible.
- Avoid alcohol and drinks with too much caffeine and sugar.

3.

WEAR BREATHABLE CLOTHING

- Wear loose-fitting and light coloured clothes when working in a hot environment, if possible.

4.



ENSURE GOOD AIRFLOW

- Switch on all the fans or blowers in your dormitory room throughout the day.

If you are unwell, inform your supervisor or dormitory operator immediately, and see a doctor.