



# BEAT THE HEAT

## Be ready to combat Heat Stress!

Heat Stress Prevention Measures must be implemented before extreme heat conditions occur, along with continuous monitoring and compliance checks through the hot season.

Supervisor must ensure all heat stress control measures are effectively implemented.

**QatarEnergy LNG Hot Season:  
1<sup>st</sup> April - 31<sup>st</sup> October**

Heat Stress often develops before it feels serious.  
Early warning signs must be recognised and acted on immediately to prevent emergencies.

### EARLY SIGNS → ACT NOW



Headache



Sweating, pale skin



Weakness or cramps

### IF SIGNS IGNORED → HEAT EXHAUSTION



Dizziness or confusion



Nausea or vomiting



Rapid, heavy breathing

### GOT WORSE → HEAT STROKE



40°C+ body temperature



No sweat and dry skin



Seizure or unconsciousness

## Immediate Actions

- ✓ Stop work immediately
- ✓ Report to supervisor and/or coworker
- ✓ Seek Medical Support if you feel unwell
- ✓ Move to a shaded or air-conditioned area
- ✓ Drink water
- ✓ Cool down the body
- ✓ Report to QatarEnergy LNG Medical Centre

## In case of EMERGENCY



**4473-7777**

QatarEnergy LNG  
EMERGENCY number

**135**

RLIC EMERGENCY number



For other locations use  
the specific emergency number