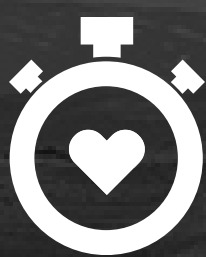


HEALTH & SAFETY TIPS AT **RAMADAN**

Appropriate nutrition, water intake, physical activity and rest are important parts of maintaining a healthy lifestyle during Ramadan.

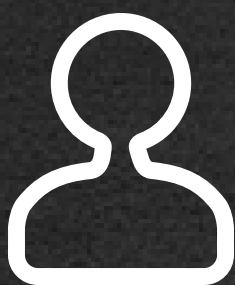
Follow some simple steps to avoid succumbing to dehydration, low blood-sugar levels and fatigue this Holy Month...



TIPS FOR EMPLOYERS

- Have workers rest or stay indoors during the hottest part of the day
- Accommodate different working hours
- Guard against the risks of heat stress
- Encourage discussions amongst employees to raise awareness of the effects and warning signs

1.7 billion Muslims will be observing Ramadan this month



TIPS FOR WORKERS

- Shift intellectually demanding tasks to the morning and routine tasks for the later in the day
- Avoid physically demanding tasks in the afternoon when the temperature is high energy levels lower
- Take regular breaks
- Maintain open communication with colleagues and management



STAY HEALTHY

- Don't skip your Suhoor meal
- Ensure your meals are loaded with high fibre foods and low in saturated fats
- If possible, consume 2 or 3 smaller meals when non-fasting to avoid the effects of hyperglycaemia
- Eat complex carbohydrates at the start of the day
- Opt for simple carbohydrates at sundown
- Drink 3 litres of water between Iftar and Suhoor to decrease the risk of dehydration

Further, **modify** the **intensity** and **timing** of any exercise taken and ensure you get **plenty of rest** – an accumulated lack of sleep will affect a person's concentration, focus, and decision-making.

Linked Resources:

*Heat in the Workplace: Assessing the Risks
Managing Workplace Fatigue*