

Health & Safety Newsletter 2-2013

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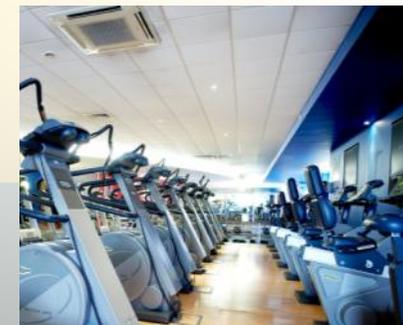
Heat Stress



A Safer Home



Sun Screen Preparations



Gyms and fitness centers

Vision

Achieve Highest Standards In Health and Safety In Our Strive Towards Sustainability

Mission

Formulate and apply efficient strategies, policies, and controls to maintain and enhance health and safety level in Dubai. And develop prime awareness through specialized human resources and latest innovations in accordance with international best practices and standards.

Click on the sections names above to view each section's newsletter.

Visit DM website to know more about our Department.

Tel: 04-2064244

Fax: 04-2270160

Upcoming Events: July & August



"Safe & Healthy Summer" Campaign
June 13th 2013 to August 31st 2013



"Safety or Fire... Your Choice" Initiative
June 13th 2013 to August 31st 2013



السلامة من أجل الاستدامة
Safety for Sustainability

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Types of heat stress, Symptoms, Prevention & First Aid

Heat Stress Stages	Symptoms	Treatment (First Aid)
Heat Cramps	<ul style="list-style-type: none"> Heavy perspiration, tired and thirsty Irritability, loss of appetite Prickly heat rash, nausea Muscle spasms, twitching, moist cool skin Painful muscle cramps (limbs and abdomen) 	<ul style="list-style-type: none"> Drink more water and Have a cold shower/bath Lay in a cool place with legs supported & slightly elevated Massage limbs gently to ease spasms, or firmly if cramped, then apply ice packs and drink Electrolyte replacement solution <p>Do Not Give Salt Tablets or High Sodium Solution</p>
Heat Exhaustion	<ul style="list-style-type: none"> Profuse perspiration Cold, clammy, pale skin Fatigue, weakness and restlessness Headache and vomiting, Poor coordination Weak but rapid pulse Normal temperature, but faintness 	<ul style="list-style-type: none"> Lay victim down in a cool place as for heat cramps. Loosen clothing and apply wet cloths to head and body Fan the victim or move them to an air conditioned environment Give sips of cold water or electrolyte drink If vomiting continues , seek medical assistance immediately
Heat Stroke	<ul style="list-style-type: none"> Confusion, headache, nausea, dizziness Skin flushed, hot and unusually dry Dry swollen tongue High body temperature (>40° C) Deep unconsciousness may develop rapidly 	<ul style="list-style-type: none"> Seek medical assistance urgently In the meantime: <ul style="list-style-type: none"> Lay victim in a cool place and remove outer clothing If unconscious, check airway and breathing Cool victim quickly by applying cold water or wrap in a wet sheet and fan them (keep the sheet wet) When conscious give sips of water

URINE CHART رسم بياني للبول

Monitor Your Hydration Levels يمكنك من خلال لون البول معرفة نسبة الماء في جسمك

A good indicator of dehydration is لون البول الغامق يدل على انخفاض مستوى الماء في جسمك
if your urine is unusually dark in colour

Normal طبيعي	Dehydration جفاف	Severe Dehydration جفاف حاد

FYI - Vitamin supplement might also produce darker yellow urine
توضيح - مكملات الفيتامينات يمكن أن تنتج قشامة أكل للبول

 حافظ على سوائل جسمك Drink water & Electrolyte	 خذ قسطاً من الراحة في منتصف اليوم Mid Day Break	 تناول الغذاء الصحي، الصحي والخفيف Eat Right Eat Light	 تجنب تناول أقراص الملح والمحاليل التي تحتوي على نسبة عالية من الصوديوم Avoid Salt Tablets & High Sodium Solutions	 جدولة الأعمال الشاقة تصباح الباكر أو فترة المساء Heavy work Schedule Early morning or late afternoon
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For more information please call the following:
Tel: 04-2064282
Fax: 04-7033595



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A SAFER HOME

In order to protect your family and children and keep them safe at home, follow the instructions below:

The safety of children at home

- To protect your family and children from risk of falling through windows and balconies install equipment and devices which limit opening of windows and balconies doors.
- Avoid placing furniture, especially chairs and tables near the windows and balconies wall where children may climb & fall out of windows & balconies.
- Avoid leaving drugs in the reach of children and do not try to convince a sick child that the medication is some kind of sweets, they might believe that.
- Avoid leaving your child to play with ropes, curtains and clothing straps, they can entangle around their neck or suffocate them unintentionally .
- Avoid leaving toys, food and small-sized materials such as coins, buttons, screws, pins, small batteries, olives, etc,,,,) on the ground or in reach of the child that may be swallowed or inhaled by the child and cause accidents.
- Be sure that your swimming pool is provided by a fence with latching door.



Kitchen Safety

- Install smoke alarms and keep a fire extinguisher at home.
- Keep detergents, pesticides, cleaning products, and any other toxic household chemicals locked up.
- Make sure all drawers have safety latches, so that your baby or toddler can't pull the drawer out
- Always keep sharp instruments in a latched drawer separate from other safe kitchen utensils.
- Avoid leaving keys on the doors and keep them in a safe place far from the reach of children.



Nursery Safety

- Never place a crib or bed near the window or window blinds.
- Secure all dangling drapery cords and blind cords and keep it out of reach of children.
- Install door guards to prevent fingers from getting caught by the door.

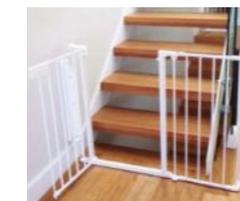


Lounge Safety

- Create a barrier between children and electrical currents with socket covers because children are often very curious about electrical outlets.
- Secure all bookcases, dressers and entertainment centre to prevent them from toppling.
- Use corner and edge protection along sharp corners and edges of furniture and walls.

Stair Safety

- Secure top and bottom of stairways with wall mounted gates in order to prevent accidental falls and to keep children away from dangerous areas.
- If your balusters have more than 4 inch width, secure it with banister shield to prevent children from falling or being caught between the gaps.



For more information please call our section at the following:
Tel: 04-2064278
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Sun Screen Preparations

Sunscreen: is a lotion, spray, gel or other topical preparation that absorbs or reflects some of the sun's ultraviolet (UV) radiation on the skin exposed to sunlight and thus helps protect against sunburn..

Common uses: to protect against sunrays especially in hot summer which is responsible for sunburns & skin cancer .

Safety Risks: No hazards have been noticed in such preparations.

SPF: SPF refers to the ability of a sunscreen to block ultraviolet B (UVB) rays, which cause sunburns, but not UVA rays, which are more closely linked to deeper skin damage. Both UVA and UVB contribute to the risk of skin cancer.

misconception: Many people think that an SPF of 30 is twice as good as an SPF of 15 and so on. But that is not how it works. An SPF 15 product blocks about 94% of UVB rays; an SPF 30 product blocks 97% of UVB rays; and an SPF 45 product blocks about 98% of UVB rays.

Facts : Sunscreens with higher SPF ratings block slightly more UVB rays, but none offers 100% protection.

Consumer Products Safety Section recommends :

Recommend using a water-resistant sunscreen applied liberally one half hour before going outdoors. Sunscreen should be reapplied at least every two hours or after swimming, drying off, or sweating.

By: Dr. Einas El sayed Mahmoud



For more information please call our section at the following:
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Safety for Sustainability
مبادرة من بلدية دبي
Initiative of Dubai Municipality

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Gyms and fitness centers

As people become more health conscious, gyms and fitness centers are growing in popularity. However, those people are not aware of the risks that they might find in those places. Both, health and safety are so important to be considered in gyms and fitness centers.



Hygiene at Gyms:

Gyms can be a pool for germs. This is because you are in close contact with other people and use equipments that might have been used by sick people. Make sure that the staff regularly sterilizes their equipments. Check if the gym has a health and safety policy: For example, people with some infections are not allowed to use equipments until the infection clears up. Wash your hands frequently and wipe down equipments with antibacterial wipes before using it. If you're sick, stay away from the gym until you're well.

Here are some important healthy suggestions to follow in gyms:

- Cover all cuts pre-workout
- Carry your own mat to the gym
- Wipe down your equipments before and after use
- Always use your own towels.
- Wash your hands often



Safety at gyms:

While you think of the gym as a safe place, it can be risky to you if you use the machines and equipments improperly. Before you begin your workout, ensure that you are familiar with the machines and equipments. By taking precautions, you can protect yourself at the gym from any accidents that might occur.



Avoid:

Avoid pushing your body so hard to avoid feeling nauseous, weak, dizzy or encounter blurry vision. While it is fine to motivate yourself to work harder, you should still feel strong and healthy while exercising. If you experience any of the above symptoms, drink water and take a break.



For more information please call our section at the following:
Tel: 04-6066672
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