Presented by:
Sreenath Raghunathan
Health and Safety Officer
ABOUT US:

The American International School in Abu Dhabi or AISA was founded in the Abu Dhabi’s capital city in 1995 to serve the educational needs of the local and the expatriate residents of Abu Dhabi who want their children to pursue both American and International Baccalaureate curricula. AISA was the first school in Abu Dhabi to offer the International Baccalaureate Diploma Program (IBDP) and IB Primary Years Program (IBPYP). AISA actively promotes the use of effective waste management strategies and waste is disposed of safely in a way that least harms the environment. In keeping with local regulations, the Secondary School is gender segregated.

HEALTH & SAFETY POLICY:

The Management Team of the School and the Governing Body are committed to ensuring the Health and Safety of everybody involved in the school. We will achieve this through;

- Making health and safety a key part of our role
- Working with our employees/students/others to improve the health and safety system at our school
- Doing everything reasonably possible to remove or reduce the risk of injury or illness
- Having emergency plans and procedures in place
- Training everyone about hazards and risks so everyone can work safely
- Providing appropriate induction training and supervision for all new and existing employees
- Making sure contractors and sub-contractors working at school operate in a safe manner

TRAINING AND AWARENESS PROGRAM:

As per the initiative from Abu Dhabi Occupational Safety and Health Center (OSHAD), regarding the Safety in Heat, we at American International School, Abu Dhabi has conducted a training to all the employees regarding the risk of working in heat during the summer. Also educated all the employees regarding the contents of the posters according to their knowledge which is provided by OSHAD in the website.

During the training session, the employees where trained on the topic Heat Illness Prevention as per OSHAD, which includes the below mentioned topic and also all the doubts relating to the same was cleared at the same time;

- Legal requirements
- Management responsibility
- Employees responsibility
- Heat Illness
  - Heat Rash
  - Heat Cramps
  - Heat Exhaustion
  - Heat Stroke
- Cool down rest periods
- How to avoid/prevent heat stress?
- Whom to report during such incident?
- Importance of drinking water and the availability of drinking water stations and its locations.
- Introduced the availability of first aiders including the school nurse for emergency.
- Provided instructions on the importance of using loose breathable clothing i.e., cotton.
- Importance of using a little more salt while having the meals and to avoid drinks with caffeine, alcohol and large amount of sugar.

The posters provided by OSHAD is also kept in all major locations of the school premises and the video provided by OSHAD is streamed in the television during the working hours, so that whoever is visiting the school is also aware of the risks due to heat stress.

The training was provided in two languages with two separate sessions, i.e., in English and in Hindi.

Some of the photos taken during the training sessions and the posters displayed in various locations are given below;
LEGAL REQUIREMENTS

Ministry of Labor
The Ministry of Labor issues a ministerial decree every year concerning the
determination of the 8½-day break during the summer.
13 June - 10 September
between 12.30 pm - 1.00 pm

OSHA - Code of Practice 11.0
The Code of Practice (CoP) applies to all employers within the UK
that have employees working in high temperature environments,
which includes both weather working outside in summer months and
industrial operations (furnaces, ovens, and other temperature operations).

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industrial operations (furnaces, ovens, and other temperature operations).
LEGAL REQUIREMENTS

Ministry of Labour

The Ministry of Labour issues a universal decree every year concerning the examination of the OEC we face during the summer months.

26 June - 15 September
between 11:30 am - 2:30 pm

OCWAD: Code of Practice 11.4

The Code of Practice (OCWAD) applies to all employees within the Emirate of Abu Dhabi for the purpose of working in high-temperature environments. High temperature conditions include hot weather (working outside in summer months) and site conditions (elevated areas and other temperature operations).
Recommendations for Employees

- Drink water frequently. Drink enough water that you feel hydrated.
- Avoid drinking coffee, alcohol and large amounts of tea.
- Be aware that excessive sweating in personal protective equipment can increase the risk of heat stroke.
- Take short breaks to remove heat and rehydrate. Take breaks in the shade or a cool area when possible.
- Avoid working in direct sunlight during the hottest parts of the day.
- Maintain your physical condition and state of health on a regular basis.
Safety in Heat

Important tips for preventing heat stress:

1. Drink plenty of water to keep cool.
2. Avoid strenuous activity during the hottest part of the day.
3. Take regular breaks and cool down in a shaded or air-conditioned environment.
4. Wear loose, lightweight, and light-colored clothing to reflect sunlight.
5. Check on coworkers and encourage them to take breaks as well.

Drink Enough Water

Keep hydrated by drinking water regularly, especially if you work in a hot environment.

Safety in Heat

Addressing the nation on avoiding the heat:

1. Stay hydrated.
2. Avoid strenuous activities during the heat.
3. Take frequent breaks.
4. Wear appropriate clothing.
5. Check on those around you.

Arabic:

السلامة في الحر

خطوات لتجنب الحر网格:

1. تجنب الأنشطة الشديدة.
2. ارتدي ملابس الخفيفة والمزهجة.
3. استلهم البصر والبرودة.
4. صفح من المياه.

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