



مدينة إكسبو دبي  
EXPO CITY DUBAI



## WAYS TO STAY HEALTHY IN THE HEAT

For more information, contact the  
HSQE team on [hsqe@expocitydubai.ae](mailto:hsqe@expocitydubai.ae)  
[expocitydubai.com](http://expocitydubai.com)



### TAKE REGULAR BREAKS

If out in the sun, find a shaded area and take regular breaks



### HYDRATE YOURSELF

Drink plenty of water before you leave your home and throughout the day



### GET PLENTY OF SLEEP

Aim to sleep at least 7 to 8 hours per night



### EAT DURING THE DAY

Eat light and stock up on fruits and vegetables for nutrition and water content



### PLAN YOUR DAY

Avoid the mid-day sun (11:00 to 15:00 hrs) if possible



### INFORM A COLLEAGUE

If you feel unwell, tell a co-worker and get immediate help



### DRESS APPROPRIATELY

Wear suitable lightweight clothing and apply sunscreen



### KNOW YOUR COOLING POINTS

Apply any cold object to your body's best cooling points (e.g., wrist and neck) to cool down more quickly and effectively