



Ramadhan

As part of Safety Day: Do the Right Thing in Managing Fatigue, we are presenting a series of short articles to raise your awareness of fatigue and fatigue-related risks as well to give you some ideas and tips as to avoid these hazards and keep you and your family safe.

Ramadhan & Fatigue Management

Ramadan (the ninth month of the lunar calendar) represents the period when fasting is observed by more than a billion Muslims around the world. Fasting involves abstinent from eating and drinking from sunrise to sunset. The lunar calendar does not correspond to the Gregorian calendar; and thus Ramadan's occurrence varies each year and may in some years occur during very hot summer months.

In totality, the changes of our daily routines are markedly altered during Ramadhan. The commitment to eat and drink only during the night leads to a definite change in the rhythm of life; sleep -- sleep duration becomes shorter--, eating schedule, and the alternation of rest and activity are especially affected.



The consequence of this may be diminishing our ability to perform our tasks and increase the risk for accidents at work and home. One of the major safety challenges during Ramadhan is safe driving. Below are some precautionary measures to take during Ramadhan.

Precautionary measures to take at Ramadhan

- Make sure you get enough sleep. Staying up late at night, result in insufficient sleep and accumulation of sleep debt.
- Plan your demanding activities in the morning when you are more alert.
- Attend Toolbox Talks regularly.
- Avoid working when you are fatigued.
- Avoid dehydration. The effects of dehydration can range from mild (a headache) to severe (heat stroke). Drink plenty of fluids throughout the evening and early morning.
- Eat well. Unhealthy eating before and after the fasting period (e.g. eating oily and very spicy food). Fasting can cause low blood sugar (hypoglycemia) with symptoms including tiredness, more sweating, confusion, and fainting, so eat a balanced diet.
- Increase fatigue awareness among each other, particularly working in the heat and its consequences.
- If you have chronic medical conditions or taking any regular medication, ask your doctor for advice well before Ramadhan starts, as fatigue worsens in cases of pre-existing medical conditions.
- Employees are at greater risk for an on-the-job and off-the-job road traffic accident during Ramadhan. It is important to:
 - Follow journey management procedures,
 - Avoid unnecessary journeys,
 - Wear your seat belt and have your passengers wear their seat belts,
 - Avoid driving when tired or distracted, and
 - Adhere to the speed limits and road traffic signs.

For more information, please check the Safety Day 2010 website at:
<http://sww1.pdo.shell.om/dept/cd/csm/blocks/hsefunction/safetyday2010.asp>.