

Safety in Summers

Tips for Salt Pan Workers



Dos



Cover your head from the sun



Drink water and local drinks like buttermilk and lemon water at regular intervals



Wear light coloured loose clothes



Wherever possible try to work in shade



Wear sunglasses to protect your eyes from the sun



Use electric sealers instead of coal stoves for pouch sealing



Eat light and easily digestible food



If it is essential to work in the afternoons, try taking breaks in the middle



On feeling signs of heat stroke* visit the nearest health facility

**rapid pulse, nausea, dizziness, headache, or fainting*



Don'ts



Avoid tea, coffee and soft drinks with gas



Avoid spicy and hard to digest food



Don't work barefoot



Avoid working when the sun is intense

Your nearest health facility is :

Health Facility's No :
Helpline No :



Namakraja & Rani

Summer Heat is deadly,
but taking precautions help a lot...
Avoid direct sun and drink water oft!