



HEATWAVE BE PREPARED



A prolonged period of exceptionally hot weather, characterized by temperatures well above average, posing health risks and environmental challenges.



EXTREME HEAT WAVE DRESS CODE GUIDELINES

WEAR LIGHT, STAY COOL, STAY SAFE

Choose natural, breathable, light-coloured and loose fitting clothes/ uniforms to reduce heat build-up and protect yourself from heat stress.

SECURITY GUARDS



- Clothes/ uniforms: Loose-fitting uniforms
- Breathable fabric
- Full sleeves (lightweight)
- Loose fit for air circulation
- Cap/hat for sun protection

TRAFFIC POLICE / POLICE



- Clothes/ uniforms: Loose-fitting uniforms
- Breathable fabric
- Full sleeves (lightweight)
- Loose fit for air circulation
- P cap for sun protection

FOOD DELIVERY RIDERS



- Clothes/ uniforms: Loose-fitting uniforms
- Breathable, moisture-wicking fabric
- Long sleeves with mesh panels for ventilation
- Loose fit
- Cap/helmet with ventilation

HOSPITAL FIELD STAFF



- Clothes/ uniforms: Loose-fitting uniforms
- Breathable, sweat-absorbing fabric
- Loose fit
- Short or full sleeves as per comfort
- Head cover (cotton) if needed

GENERAL OUTDOOR WORKERS



- Clothes/ uniforms: Loose-fitting uniforms
- Breathable, natural fabric
- Loose fit
- Full sleeves (lightweight)
- Wide-brim hat for sun protection

PREFERRED FABRICS (NATURAL & BREATHABLE)



100% COTTON



COTTON BLEND



SUMMER LINEN



BAMBOO COTTON

- Allow sweat to evaporate and keep the body cool
- Lightweight and comfortable for long hours
- Reduce risk of heat rash and heat exhaustion

PREFERRED COLORS (LIGHT & COOL)



- Light colors reflect sunlight
- Absorb less heat and keep the body cooler
- Avoid dark colors which trap heat

EXTRA TIPS



Use umbrella when outdoors.



Keep water bottle with you and drink juices/ liquids.



Keep a towel to wipe sweat.



Use panna to protect from heat.



Cover your neck P cap with neck protection.



Use sunscreen SPF 30 or above.



Use sunglasses to protect eyes.



Take breaks in shaded or cool areas.

STAY COOL, STAY SAFE – PROTECT YOURSELF AND OTHERS

Natural fabrics, Light colors, Loose fit, Small steps for big protection.