



सत्यमेव जयते



भारत सरकार / Government of India
श्रम एवं रोजगार मंत्रालय / Ministry of Labour & Employment
खान सुरक्षा महानिदेशालय / Directorate General of Mines Safety



No. DGMS(Tech) Circular (OH)/01

Dhanbad, dated 19 .04.2024

To

The Owner, Agent and Managers of all Mines

Sub: Heat wave in summer and precautions against occurrence of Accidents/incidents due to exposure to high temperature.

In preparation for this summer season, it is imperative to acknowledge and mitigate the risks associated with working in hot environments, especially for miners. Heat stress poses a significant threat and can result in various health complications if not adequately addressed.

The physiological effects of exposure to high atmospheric temperatures during the summer months and the guidelines for dealing with the situation were outlined in Circular No. DGMS (Tech) Circular (OH)/01, Dhanbad dated 24th April 2023. The guidelines issued shall be strictly followed.

Further, here are some key points to keep in mind to ensure everyone's safety during the upcoming season:

(i) Recognizing the Symptoms of Heat Stress and taking preventive measures:

Recognizing the Symptoms of Heat Stress:

- Skin is hot, usually dry, red, or spotted.
- Body temperature rises.
- Victim may be confused.
- The face may be pale or flushed.
- Muscle cramps from loss of sodium.

Preventing Heat Stress:

- Provide cool drinking water near miners.
- Encourage miners to drink a cup of water every 15 to 20 minutes.
- Avoid drinks with caffeine and large amounts of sugar.
- Use sun blockers, proper protective clothing, and shade.
- Implement administrative controls to rotate miners on hot jobs.
- Schedule heavy tasks during cooler times of the day.

(ii) Do's and Do Not's while treating the person with symptoms of Heat Stress:

Do's

- Remove the miner from the hot area.
- Apply cool wet cloths.
- Give water if the miner is awake.
- Seek medical attention if there is no improvement.

Do Not's

- Apply ice directly to the skin.
- Allow the miner to become so cold that shivering develops.
- Leave the miner alone.

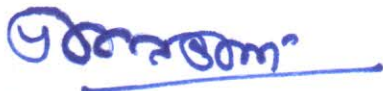
You are advised to take the following precautions to ensure preparedness and effectively manage the heat wave conditions in the mines to mitigate the risks to the health of miners associated with working in hot environments:

- (i) Slowing down the pace of work shall be allowed if the worker feels any discomfort.
- (ii) Rest areas shall be located as near to the place of work as possible.
- (iii) Provide cool drinking water and electrolyte supplements near the working place in the mines.
- (iv) Encourage miners to drink a cup of water every 15 to 20 minutes.
- (v) Use sun blockers, proper protective clothing, and shade.
- (vi) Implement administrative controls to rotate miners on hot jobs.
- (vii) Schedule heavy tasks during cooler times of the day.
- (viii) Ensure that the workers do not enter/work in an atmosphere having no ventilation or inadequate ventilation in underground mines.
- (ix) Provide awareness among all the employees on the symptoms of heat stress and the dos and don'ts shall be prepared and pasted at conspicuous places of the mines.
- (x) Provide required training on "heat-stress recognition & prevention" to all employees.
- (xi) Monitor environmental conditions regularly.
- (xii) Encourage open communication about any discomfort or symptoms experienced.

Also, include the training on "the physiological effects of exposure to high atmospheric temperatures during the summer months and dealing with the situation" as a part of the regular vocational training (Basic/Refresher/Special/others) programmes.

Let's prioritize health and safety as we navigate through the summer months. Our Miners' health and well-being are paramount, and by being vigilant and proactive, we can ensure a safe and productive work environment for everyone.

Stay cool and stay safe!



(Prabhat Kumar)
Director General of Mines Safety