


HSE Alert

Enhance Safety Awareness During Fasting

DESCRIPTION	<p>Working under direct sunlight, in hot work areas, or performing physically demanding tasks while fasting may lead to fatigue, reduced physical fitness, and dehydration. Without proper management, these conditions can cause impaired concentration, loss of consciousness, and may even trigger workplace accidents.</p> 
RISK RATING	Moderate Potential
KEY LEARNINGS	<p>Based on Circular Letter of the Ministry of Energy and Mineral Resources (ESDM) No. 4.E/MB.07/DBT.KP/2026 concerning the Enhancement of Vigilance in the Management of Mining Safety during the Holy Month of Ramadan 1447 H, the following are tips for workers:</p> <ol style="list-style-type: none"> 1. Pay extra attention to high-risk tasks and stay focused during working hours. 2. Do not take shortcuts to save time or energy, perform all tasks in accordance with procedures. 3. Protect yourself from direct exposure to sunlight. 4. Manage rest periods wisely; ensure sufficient sleep and maintain good sleep quality by turning off electronic devices and avoiding caffeine consumption before bedtime. 5. Consume nutritious food during sahur, drink sufficient water at night and before fasting, and engage in physical exercise at an intensity appropriate to your personal capacity. 6. If you or your coworkers experience signs of fatigue or dehydration (such as weakness, drowsiness, muscle cramps, headaches, etc.), immediately stop work and report the condition to your supervisor. <p>For supervisors:</p> <ol style="list-style-type: none"> 1. Ensure adequate supervisory coverage, particularly for high-risk activities and matters related to the Golden Rules. 2. Schedule non-urgent heavy work outside the fasting period, taking into consideration workers' fatigue factors. 3. If there is a temporary delegation of duties and responsibilities, it must be aligned with the personnel's competency. 4. Before returning to work after the Eid al-Fitr holiday period, workers must refresh themselves on safe work procedures and ensure they are fit to work during the briefing/toolbox meeting. 5. In an emergency, visit the clinic or contact the CCC via radio channel 01 or telephone number 08118463396 to request assistance.
DATE ISSUED	February 20 th 2026