



# GREEN BRIEFING

APRIL 2025 EDITION

Till Date

**679**

Training Sessions

**10,364**

Workers Trained

**67**

Topics Covered



# SAFE SHIP RECYCLING IN EXTREME HEAT CONDITIONS

Summer brings more than sweltering temperatures to the Indian Subcontinent - it brings an urgent safety challenge to the ship recycling industry. Workers exposed to extreme heat face serious health risks, and without proper training and planning, these risks can quickly escalate into emergencies.

## A SEASON OF SAFETY RISK

Ship recycling is inherently a high-risk occupation, but extreme heat raises those risks to dangerous new levels. The very nature of ship recycling - physically demanding labor, exposure to open sun, heavy protective gear, and confined compartments - creates an environment that is especially vulnerable to the effects of high temperatures.



**“Extreme heat is a silent hazard. Unlike obvious physical risks, it creeps in unnoticed, weakening focus, draining energy, and triggering life-threatening health conditions.”**

**- Dr. Anand Hiremath, Head of Sustainable Ship and Offshore Recycling Program (SSORP)**

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## HEAT RISKS IN SHIP RECYCLING YARDS

The summer season across the Indian Subcontinent can bring temperatures exceeding 40°C. With humidity and poor air circulation in ship compartments, this environment becomes a breeding ground for heat-related illnesses, including:

- Heat exhaustion: Symptoms include heavy sweating, fatigue, nausea, and dizziness.
- Heat stroke: Marked by confusion, fainting, dry skin, and body temperature above 103°F (39.4°C). This is a medical emergency.
- Heat cramps, sunburn, and dehydration: Common during prolonged outdoor labor without proper hydration or rest.





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**“We often focus on physical injuries, but the biggest summer threat is internal. Heat impairs your ability to think clearly, increasing the risk of mistakes and accidents.”**  
- Mr. Rahul Singh, SSORP Coordinator in Alang

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## UNDERSTANDING WHY HEAT IS DANGEROUS

Several contributing factors intensify the impact of heat in ship recycling yards:

- Outdoor, labor-intensive work exposes workers to direct sunlight for long hours.
- High humidity reduces the body's ability to cool itself through sweating.
- Confined spaces such as ship holds and small tanks lack ventilation, trapping heat.



- Heavy PPE can retain heat, elevating core body temperatures.
- Insufficient hydration leads to fatigue, loss of focus, and quicker heat exhaustion.
- Continuous work without breaks denies the body the time it needs to recover.



**“These are not small challenges. Combined, they create a perfect storm for heat-related illness unless proactive measures are in place.”**

**- Mr. Amrish Pandey, SSORP Coordinator in Alang**

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## SSORP TRAINING: BUILDING HEAT RESILIENCE

SSORP's training programs are structured to increase awareness and preparedness around extreme heat conditions. Delivered free of charge across the Indian Subcontinent, the goal is to equip yard workers and managers with practical, field-tested strategies to prevent heat stress.

Training Topics Include:

- Recognising early symptoms of heat exhaustion and heat stroke.
- Understanding causes of heat stress, including dehydration, heavy PPE, and lack of ventilation.
- Implementing first aid response protocols for suspected heat illnesses.
- Enforcing hydration practices, especially the use of Oral Rehydration Solution(ORS), buttermilk, coconut water, and lemon water.
- Set up shaded rest areas to support recovery and temperature regulation, and install drinking water stations or hydration facilities to ensure continuous access to clean, cool water.
- Schedule work during the cooler parts of the day - early mornings or late evenings. During the hottest periods, assign workers to shaded, well-ventilated areas for tasks involving cold work.



- Promoting task rotation to limit continuous exposure
- Daily safety briefings that include weather forecasts and heat awareness
- Using buddy systems to ensure workers watch out for each other



**“We focus on prevention. If we can identify symptoms early, or simply ensure hydration and rest, most incidents can be avoided.”**  
 - Muhammad Usman, SSORP Coordinator in Pakistan

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## Symptoms of Heat Stress

Condition	Symptoms
Heat Exhaustion	Heavy sweating, nausea, headache, fatigue, dizziness
Heat Stroke	No sweating, high body temp, confusion, fainting - requires emergency aid
Heat Cramps	Painful muscle spasms, usually in legs or abdomen
Dehydration	Dry mouth, dark urine, weakness





## PROVEN PRACTICES: SAFETY IN THE SUMMER HEAT

SSORP-recommended safety practices, already adopted by many yards, are designed to protect workers before, during, and after exposure to extreme temperatures.

Key Measures:

- Work during cooler hours: Early morning or late evening work reduces exposure.
- Shaded rest areas: Canopies or tents provide essential relief from direct sunlight.
- Hydration breaks: Frequent water and ORS intake are mandated during shifts.
- Appropriate clothing: Light-colored, breathable clothing is advised for all workers.
- Buddy systems: Pairing workers encourages mutual health monitoring.
- Daily weather briefings: Supervisors highlight forecasted high temperatures and plan accordingly.
- Emergency readiness: Quick access to medical help and clearly communicated response protocols.





**“It’s not about high–tech solutions – it’s about doing the basics well.**

**A simple tent, a bottle of water, a five–minute break – these save lives.”**

**- Mr. Zamil Uddin, SSORP Coordinator in Bangladesh**

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## Hydration Protocols

- Drink water regularly - do not wait until you feel thirsty.
- ORS (Oral Rehydration Salts) must be used daily.
- Avoid tea, coffee, and sugary sodas - they cause dehydration.
- Buttermilk, coconut water, and lemon water are excellent natural hydrators.
- Refill personal water bottles throughout the day and track intake.

## FIRST AID IN HEAT EMERGENCIES

Workers and supervisors must be trained to respond swiftly if someone shows signs of heat-related illness.

Immediate Actions:

1. Move to a shaded area or cooler location
2. Loosen tight clothing
3. Apply cold compresses or wet cloths





4. Use ventilation fans or manual airflow to cool the body
5. Encourage slow sipping of water or ORS
6. Call for emergency medical assistance if the condition worsens

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**“Acting fast can be the difference between recovery and a fatal outcome.”**  
- Dr. Anand Hiremath

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## Essential Don'ts in Extreme Heat

- Do not work between 12 PM and 4 PM if avoidable.
- Do not ignore signs of fatigue or dizziness.
- Do not drink caffeinated or sugary beverages during work.
- Do not overexert - always know and respect your physical limits.

## Essential Don'ts in Extreme Heat

Before work begins, ensure safety measures are in place with the following checklist:

- Weather forecast reviewed and shared
- Water bottles and ORS distributed
- Shade tents set up near work zones
- Ventilation fans operational in confined areas
- PPE checked for suitability in heat
- First aid materials and emergency contacts accessible
- Workers briefed on heat symptoms and buddy protocols

## THE PATH TO SAFER SUMMERS

"There's no shortcut to safety in extreme heat," concludes Mr. Rahul Singh. "But there is a clear path - awareness, hydration, rest, and support. The systems we put in place today will save lives tomorrow."

As summer intensifies, so must our commitment to safety. The practices taught by SSORP are not complex - but their implementation requires diligence, discipline, and leadership.

Every degree of heat matters. Every worker's safety matters more.



# ROUND-UP OF MONTHLY TRAINING ACTIVITIES – SAFE SHIP RECYCLING IN EXTREME HEAT CONDITIONS

Country	Training No.	Yard	Course Date	No. of Trainees
 <b>Bangladesh</b>	668	Chittagong Ship Breaking & Recycling Industries	15/04/2025	11
	669	Janata Steels Ltd.	17/04/2025	06
	672	Arefin Enterprise	21/04/2025	27
	673	S. H. Enterprise	26/04/2025	15
	678	Z. H. Steel Ltd.	29/04/2025	12
	679	Mother Steel Ltd.	30/04/2025	40
 <b>India</b>	664	Leela Responsible Recycling LLP.	10/04/2025	41
	665	Leela Ship Recycling Pvt. Ltd.	10/04/2025	21
	666	Leela Greenship Recycling Pvt. Ltd.	10/04/2025	18
	667	Khushboo India Pvt. Ltd.	12/04/2025	20
	670	Shree Ram Vessel Scrap Pvt. Ltd.	18/04/2025	18
	671	Kamdar & Associates	18/04/2025	17
 <b>Pakistan</b>	674	Jamaluddin & Co	28/04/2025	13
	675	Prime Ship Breakers	28/04/2025	11
	676	S.A Trader	28/04/2025	09







**SSORP is the only ship recycling program to be Verified and Vetted by Lloyd's Register Quality Assurance.**

**A crucial aspect of the SSORP is to increase occupational health and safety standards in ship recycling yards. Workers receive hazard-specific training to raise awareness and help to manage workplace risks. Training conducted through the SSORP is delivered free of charge to the yards and the training content is regularly reviewed to ensure it reflects best practices.**

If you would like to find out more about the SSORP, or are interested in working with us to recycle your vessel/offshore asset in a responsible and HKC compliant manner, please contact us:

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