



GREEN BRIEFING

APRIL 2026 EDITION

**"Cost to Workers : ZERO.
Benefit : LIFETIME"**

Courtesy : GMS

Till Date

853

Training Sessions

13,337

Workers Trained

70

Topics Covered



WORKING IN EXTREME HEAT: A RISK THAT BUILDS WITHOUT WARNING

Ship recycling yards operate in conditions where the environment is not controlled. Workers are exposed to direct sunlight, high humidity, and fluctuating temperatures across different parts of a vessel. During peak summer, these conditions intensify, and the impact is not always immediate or visible.

Extreme heat does not interrupt work in a dramatic way. It builds gradually through the day. A worker who begins a shift with full capacity may, within a few hours, start experiencing fatigue, reduced concentration, and slower physical response. In ship recycling, where tasks involve cutting, lifting, and movement through unstable structures, even a small decline in alertness can change the level of risk.

Training inputs reinforced that ship recycling combines outdoor labour, hazardous materials, and the use of sharp tools. Under these conditions, heat does not act as a separate hazard. It amplifies the effect of every existing one.

Dr. Anand Hiremath, CEO of the Sustainable Ship and Offshore Recycling Program (SSORP), explained this clearly during recent sessions:

“Heat does not introduce new hazards into ship recycling. It reduces the worker’s ability to manage the hazards that already exist.”

TRAINING REACH AND PRACTICAL FOCUS

Heat safety sessions were conducted across major recycling clusters in India, Bangladesh, and Pakistan. The approach was consistent with previous training programs, focusing on real work conditions rather than theoretical instruction.

Workers, supervisors, and yard personnel discussed how heat affects routine tasks such as cutting steel plates, handling heavy sections, and working inside confined ship compartments. The emphasis was on identifying how performance changes during the day and how small adjustments can prevent incidents.

Across Alang, Chattogram, and Gadani, the sessions focused on three core areas: recognising early signs of heat stress, maintaining physical capacity through hydration and rest, and planning work to reduce exposure during peak temperature periods.

HOW HEAT CHANGES DECISION-MAKING ON THE JOB

In controlled environments, safety depends on following procedures. In ship recycling yards, it also depends heavily on judgment. Workers constantly assess where to step, how to position themselves, and when to move away from active operations.

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Heat affects this judgment.

A worker performing cutting operations in the morning may maintain safe distance and positioning. The same worker, later in the day, may move closer to the cutting line without realising it, react slower to sparks, or skip a basic check to complete the task faster. These are not intentional unsafe acts. They are changes in behaviour caused by fatigue and reduced concentration.

Muhammad Usman, Coordinator in Pakistan, described this during sessions in Gadani: “Workers often feel they are managing the heat. In reality, heat is slowly reducing their ability to manage the job safely.”

Supervisors in Pakistan yards also observed that incidents during summer months were more often linked to fatigue rather than lack of skill. This reinforces that heat safety is directly connected to how work is performed, not just how it is planned.

UNDERSTANDING HEAT-RELATED ILLNESSES IN PRACTICE

Heat-related illnesses are often discussed during training, but their early stages are frequently overlooked in daily work. Workers may continue working through discomfort, assuming it will pass.

Heat exhaustion typically begins with heavy sweating, weakness, and dizziness. If ignored, it can progress to heat stroke, where the body loses its ability to regulate temperature. At this stage, confusion, collapse, and serious medical risk can occur.

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What makes this challenging in ship recycling is that early symptoms often appear during routine tasks. A worker may feel slightly fatigued or distracted but continue working without reporting it.



EARLY SIGNS THAT REQUIRE IMMEDIATE ACTION

- Sudden drop in energy during routine work
- Difficulty focusing on simple tasks
- Muscle cramps while lifting or moving
- Feeling light-headed when standing
- Unusual irritability or confusion

These are not minor issues. They are early warnings that the body is under stress.



Mr. Zamil Uddin, SSORP Coordinator in Bangladesh, noted during training in Chattogram:

“When workers understand these early signs, they stop before the situation becomes serious. Awareness at that moment makes the difference.”

HYDRATION: A SIMPLE CONTROL THAT REQUIRES DISCIPLINE

Hydration is one of the most basic protections against heat stress, yet it depends entirely on worker behaviour and supervision. Access to water alone is not enough. The timing and frequency of intake matter.

Workers often wait until they feel thirsty. By then, dehydration has already begun. Maintaining hydration requires a steady intake throughout the shift, especially during physically demanding tasks.

In several Alang yards, supervisors reported that workers who maintained regular hydration showed better endurance and fewer errors during work. The difference was not dramatic, but it was consistent.

Mr. Rahul Singh, SSORP Coordinator in Alang, explained:

“Dehydration does not stop work immediately. It reduces attention and increases mistakes. That is where the real risk begins.”

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EFFECTIVE HYDRATION PRACTICES

- Drink small amounts of water frequently rather than large amounts at once
- Use oral rehydration solutions where available
- Avoid excessive tea, coffee, and sugary drinks
- Keep water within reach of the work area

These are simple actions, but their impact on performance is significant.



PLANNING WORK AROUND HEAT CONDITIONS

One of the most practical controls discussed during training was adjusting work schedules. Unlike other hazards, heat exposure can be predicted and planned for in advance.

Heavy dismantling and cutting tasks generate additional heat and require higher physical effort. When these tasks are scheduled during peak temperature hours, fatigue increases quickly. Yards that adjusted timing to earlier hours reported smoother operations and fewer interruptions.

Work areas must be kept free from unnecessary flammable materials, and combustible waste should be cleared regularly. LPG cylinders must be stored in shaded, well-ventilated areas away from direct sunlight and heat sources to reduce fire risk and prevent pressure build-up.

Mr. Amrish Pandey, SSORP Coordinator in Alang, emphasised this point:

“Work does not need to stop because of the heat. It needs to be planned so that workers are not exposed at the most critical times.”

Supervisors in multiple yards also observed that when high-intensity work was completed earlier in the day, the remaining tasks could be managed with lower physical strain during peak heat hours.

REST AND RECOVERY: MAINTAINING CONSISTENCY IN WORK

Fatigue in heat conditions does not appear suddenly. It builds through continuous effort without recovery. Workers often attempt to complete tasks without taking breaks, believing it will save time. In practice, this leads to slower work and increased risk.

Rest allows the body to stabilise and regain capacity. It also provides an opportunity to rehydrate and cool down before returning to work.



In Bangladesh yards, supervisors reported improved performance when rest breaks were enforced rather than left to individual choice. Workers returned to tasks with better focus and fewer mistakes.



WHAT EFFECTIVE REST LOOKS LIKE

- Move to shaded or ventilated areas
- Sit and allow the body to cool down
- Rehydrate before resuming work
- Avoid direct sun exposure during breaks

These measures help maintain consistency in work performance throughout the shift.



PPE IN HIGH TEMPERATURE CONDITIONS

Personal protective equipment is essential for protecting workers from physical hazards. However, it can also contribute to heat stress when it traps body heat.

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Workers sometimes loosen or remove PPE during high temperatures, especially during physically demanding tasks. This creates a secondary risk, exposing them to cuts, burns, falling objects, and respiratory hazards.

The approach discussed during training focused on improving comfort without reducing protection. Using lighter materials where possible, ensuring proper fit, and maintaining PPE condition can reduce discomfort.

Supervisors in Alang observed that when PPE was comfortable, compliance improved naturally without the need for repeated enforcement.

SUPERVISION: THE CRITICAL CONTROL POINT

Supervisors play a key role in managing heat-related risks. Workers may not always recognise early symptoms or may choose to continue working despite discomfort.

Active supervision involves observing behaviour, not just output. It includes noticing when a worker slows down, appears fatigued, or makes repeated small mistakes.

Muhammad Usman highlighted this during discussions:

“Workers do not always stop when they should. Supervisors must recognise the moment when work needs to pause.”

In Pakistan yards, supervisors who actively monitored worker condition reported fewer cases of heat-related fatigue affecting operations.

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RESPONDING TO HEAT-RELATED INCIDENTS

When heat-related illness occurs, response time becomes critical. Delayed action can quickly worsen the condition.

Immediate response involves moving the affected worker to a cooler area, loosening clothing, and initiating cooling measures. Water should be given carefully if the worker is conscious, and medical assistance should be arranged without delay.



FIRST RESPONSE PRIORITIES

- Move the worker to shade immediately
- Cool the body using water or wet cloths
- Keep the worker calm and still
- Inform emergency support without delay

Workers and supervisors must be familiar with these steps before an incident occurs.



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FIELD OBSERVATIONS FROM TRAINING SESSIONS

Post-training observations across multiple yards showed clear behavioural changes. Workers were seen carrying water bottles more consistently and using shaded areas during breaks. Supervisors were more actively involved in managing work pace during peak heat hours.

In Alang, a supervisor noted that workers began pausing work earlier when feeling fatigued rather than continuing until exhaustion. This shift reduced the number of near-miss situations during cutting operations.

In Chattogram, workers reported that understanding heat symptoms helped them recognise when to stop and recover. This improved coordination within teams, as workers began looking out for each other during demanding tasks.

These observations show that when awareness is linked to practical action, improvements become visible in daily operations.

INTEGRATING HEAT SAFETY INTO DAILY WORK

Heat safety does not function as a separate activity. It must be integrated into how work is planned and executed.

This includes:

- Adjusting work schedules based on temperature
- Ensuring water availability at all times
- Enforcing rest breaks
- Monitoring worker condition continuously
- Training workers to recognize early signs of heat stress and report symptoms immediately

Yard management teams observed that when these measures were applied consistently, work became more stable. There were fewer interruptions caused by fatigue, and tasks were completed with better control.

A yard representative in Pakistan summarised this during discussions:

“Managing heat conditions helped maintain steady progress. Workers stayed focused, and the work did not slow down.”

PRACTICAL AWARENESS BEFORE STARTING WORK

Before starting work in extreme heat conditions, workers should take a moment to assess their readiness. This includes checking water availability, understanding the work schedule, and identifying rest areas.

During the shift, awareness should remain on maintaining hydration, recognising early signs of fatigue, and observing co-workers. These actions do not require additional effort, but they significantly reduce risk.

MAINTAINING CONTROL IN EXTREME CONDITIONS

Extreme heat is a predictable part of ship recycling operations. It does not change the nature of the work, but it changes how the work must be managed.

When hydration, rest, planning, and supervision are applied consistently, the impact of heat can be controlled. Without these measures, the same tasks become more hazardous.

Dr. Anand Hiremath emphasised this perspective during closing discussions with training participants:

“Safety under extreme conditions is not defined by the environment. It is defined by how prepared we are to manage it every day.”



**“Working safely is not about pushing limits.
It is about knowing how to stay strong
through every condition.”**






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Round-up of monthly training activities - Safe Ship Recycling in Extreme Heat Conditions

Country	Training No.	Yard	Course Date	No. of Trainees
 Bangladesh	840	Z. H. Steel Ltd.	05-04-2026	12
	845	Janata Steels Ltd.	09-04-2026	17
	846	Jamuna Ship Breakers	15-04-2026	22
	847	Mother Steel Ltd	19-04-2026	36
	848	Chittagong Ship Breaking & Recycling Industries	22-04-2026	11
	849	S. H. Enterprise	23-04-2026	7
 India	841	Leela Ship Recycling Pvt. Ltd.	106-04-2026	15
	842	Green Tara Recycler LLP	08-04-2026	14
	843	Madhav Industrial Corporation	09-04-2026	21
	844	Marine Lines Ship Breakers Pvt. Ltd.	09-04-2026	27
	852	Leela Responsible Recycling LLP	28-04-2026	16
	853	Leela Greenship Recycling Pvt. Ltd.	28-04-2026	11
 Pakistan	850	Prime Green Recyclers	25-04-2026	18
	851	S. A. Traders	25-04-2026	16

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