



FEELING DIZZY?

There are 83 conditions associated with **dizziness**, fatigue or feeling faint and if you realise that dizzy spells occur you should visit the clinic or your physician to have the cause investigated. If at work, tell somebody you are feeling dizzy and stop working if the environment in which you are working can cause you to sustain an injury should you fall or lose your balance because of the dizziness. If the dizziness is not caused by a lack of nutritious food and enough fluids, your doctor must examine you to find the reasons. It may be necessary for your doctor to send you for further tests in order for him to determine the cause(s) of your dizziness.



Why you should eat a decent meal before coming to work:

Feeling dizzy while exercising is a common result of **not eating** enough & dehydration. Many working conditions require from employees mild to hard physical labour. When you do hard physical labour, you are increasing your core body temperature and your body needs more energy to function. Your body generates this energy from the food that you are eating. Not eating before you come to work, can cause a major **threat** to your health and safety at work and may even endanger the health and safety of your co-workers.

Remember the golden rule: eat breakfast, try to always eat your three main meals and snack in-between meals on healthy food like fruit and nuts.

Maintain your **body's hydration status** by making sure you are drinking at least **2 liters** of water per day.

If you are working in a hot environment, drink at least 600ml of water every hour for as long as you are spending time in the hot environment. Trust your thirst: it is there for a reason!

