



# MARCH

## 2025 NEWSLETTER





## TIPS AND TRICKS FOR WORKING ON A CONSTRUCTION SITE DURING RAMADAN

Ramadan is a time of fasting, prayer, and self-discipline for Muslims worldwide. For those working in physically demanding jobs, such as construction workers, maintaining energy levels and ensuring safety while fasting can be challenging. However, with proper planning and a few strategic adjustments, you can work efficiently without compromising your health.

### 1. Adjust Work Hours

Try to start work earlier in the morning when it's cooler and energy levels are higher. Take longer breaks during the hottest part of the day and schedule physically demanding tasks in the morning.

### 2. Stay Hydrated

Drink plenty of water between Iftar and Suhoor. Include hydrating foods like cucumbers, watermelon, and yogurt, and avoid caffeine and salty foods that cause dehydration.

### 3. Eat Nutritious Meals

Choose slow-digesting carbs like oats and brown rice, proteins like eggs and beans, and healthy fats like nuts and olive oil. Avoid sugary foods that lead to energy crashes.

### 4. Work Smarter, Not Harder

Prioritize heavy tasks in the early hours and use mechanical tools whenever possible. Take short breaks in shaded or cool areas to conserve energy.

### 5. Wear Proper Gear

Wear breathable, light-colored clothing to stay cool. Ensure your safety gear allows airflow and use a hat or head covering to protect against the sun.

### 6. Watch for Dehydration and Heat Stress

Be aware of symptoms like dizziness, headaches, or muscle cramps. If you feel unwell, seek shade, rest, and, if necessary, break your fast for health reasons.

### 7. Take Short Naps for Energy

A 15-20 minute nap during your break can boost alertness and help you stay focused throughout the day.

### 8. Communicate with Your Team

Let your supervisor and colleagues know you are fasting so they can help adjust tasks if needed. A supportive work environment ensures safety and efficiency.



# THE IMPORTANCE OF FACILITIES MANAGEMENT IN CONSTRUCTION AND FINISHING

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**FACILITY MANAGEMENT IS ESSENTIAL IN CONSTRUCTION AND FINISHING, ENSURING EFFICIENCY, SAFETY, AND SUSTAINABILITY. IT MAINTAINS HIGH-QUALITY STANDARDS, OPTIMIZES RESOURCES, AND SUPPORTS LONG-TERM OPERATIONAL SUCCESS.**

## **Ensuring Safety and Compliance**

Adhering to strict safety regulations, facility management helps maintain equipment, implement fire safety measures, and enforce emergency response protocols. A well-managed site reduces risks and protects workers and clients.

## **Optimizing Resource Management**

Efficient use of materials, manpower, and equipment is crucial. Facility management minimizes waste, schedules preventive maintenance, and optimizes workspaces for productivity, leading to cost savings and increased efficiency.

## **Enhancing Project Efficiency and Workflow**

Proper coordination prevents delays, ensuring smooth material and personnel movement. Structured scheduling keeps projects on track and minimizes disruptions, improving overall workflow.

## **Cost Control and Budget Efficiency**

By reducing repair costs through preventive maintenance, implementing energy-efficient practices, and ensuring cost-effective procurement, facility management enhances financial efficiency and project profitability.

## **Snag List Management**

Managing defects and unfinished work ensures quality control. Facility managers coordinate with contractors to address issues efficiently, conduct ongoing quality checks, and enhance client satisfaction.



**MOATAZ TAWFIK  
FM MANAGER**

## **Sustainability and Environmental Responsibility**

Eco-friendly materials, responsible waste disposal, and water conservation strategies contribute to environmental sustainability. These practices improve a company's reputation and long-term viability.

## **Quality Assurance and Long-Term Maintenance**

Regular inspections, scheduled maintenance, and compliance with industry standards preserve structural integrity, ensuring durability and aesthetic appeal while building customer trust.

## **Supporting Business Growth and Client Satisfaction**

A well-managed facility enhances client trust, employee productivity, and business expansion. By prioritizing facility management, construction and finishing companies achieve long-term success.

Facility management is a vital aspect of construction and finishing, ensuring projects are completed on time, within budget, and to the highest standards. A strong management framework is key to sustained excellence in the industry.



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# RAMADAN KAREEM

May this special day bring peace, happiness  
and prosperity to everyone

## SCAS