

A Safer Ramadan



Promoting a Ramadan friendly work schedule

Wednesday 22 March, lasting for 30 days

It is important to assume that your Muslim co-workers are fasting



Ramadan 2023 is expected to begin on:

✔ **Wednesday 22nd March**

Ramadan will end on/around:

✔ **Friday 21st April 2023**

Eid ul-Fitr celebrations on

✔ **Saturday 22nd / Sunday 23rd April 2023**



Take time to understand the Ramadan schedule. It is an extraordinarily busy time and is the holiest month of the year.



- ✔ 4am: eat and pray
- ✔ 7am: regular day: school, work whilst fasting
- ✔ 8pm: gather to break the fast, this is called Iftar

Many Muslims will then head to the mosque for additional prayers.



When scheduling meetings and sharing work, try to honour the standard workday during Ramadan.



Ask team members when they would like to meet, for many Muslims the early afternoons are ideal during the month of Ramadan.



Avoid scheduling activities that centre around lunchtime, this could challenge and ostracise those that are fasting.



Consider physical activities, many Muslims continue to work as normal despite the hectic schedule. Consider finding alternative work for colleagues who may be suffering sleep deprivation, low blood sugar and fatigue as part of their religious practice.



SCAN the QR code or visit: www.leicesterdiabetescentre.org.uk/programmes-blog/a-safer-ramadan



Leicester Diabetes Centre