

Promoting a Ramadan friendly work schedule



Saturday 2nd April, lasting for 30 days

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

A Safer Ramadan



Ramadan 2022 is expected to begin on: 2nd/3rd April. Ramadan will end on Sunday 1st May, with the celebratory days of Eid al-Fitr starting on Monday 2nd May or Tuesday 3rd May 2022.



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



- ✓ 5am: eat and pray,
- ✓ 6am: 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.

