

# Understanding Heat Stress



Protecting you for life's best moments.

## What is heat stress

When we get hot, our skin starts to sweat in an attempt to cool the body down. But sometimes sweating isn't enough, our body temperature continues to rise and this is when we can start to experience signs of heat stress. If these signs are ignored it can quickly progress to heat exhaustion and heatstroke, both of which are serious health problems and have the potential to be fatal.

## Signs of heat stress can include

Headache & dizziness

Excessive sweating

Tiredness & weakness

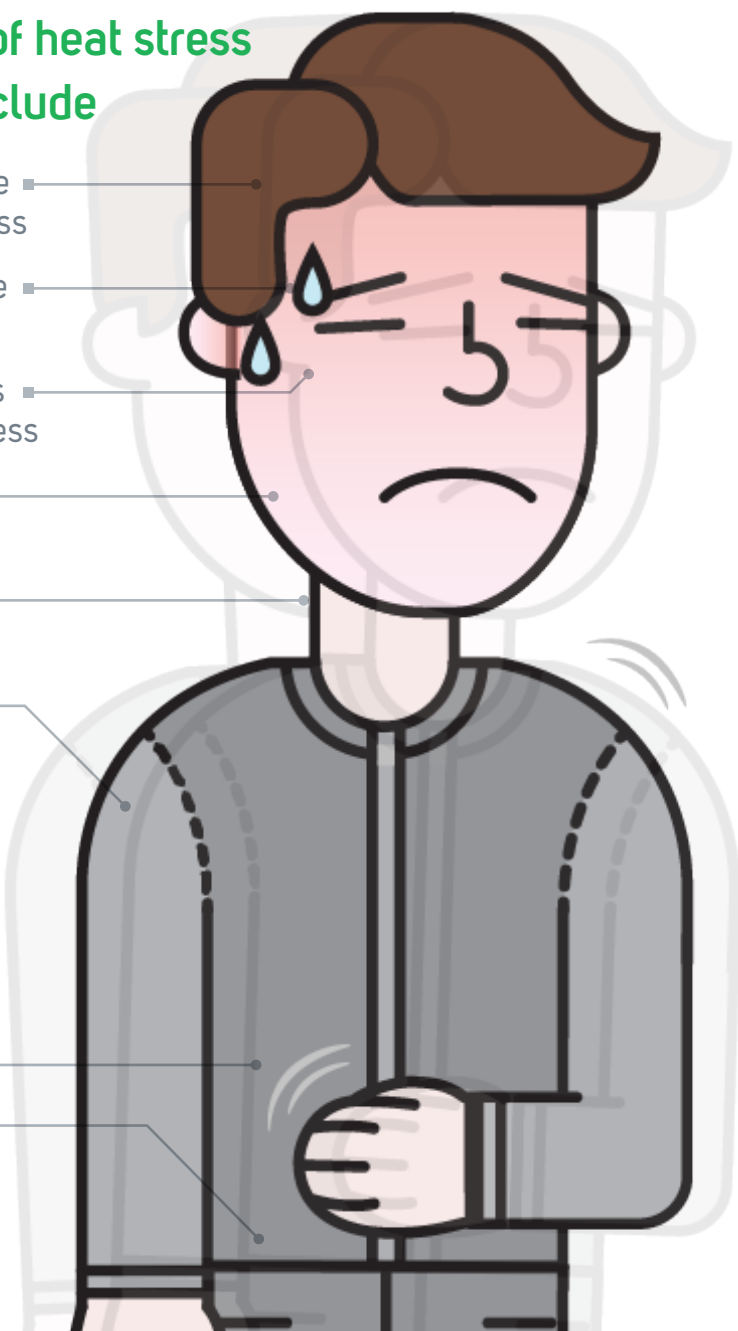
Intense thirst

Fast pulse

Muscle cramps

Nausea

Dark colored urine



## Five tips to keep safe in the workplace

- 1 Keep hydrated
- 2 Reduce sun exposure
- 3 Increase rest breaks
- 4 Wear lightweight, breathable materials where possible that cover exposed skin
- 5 Use powered or supplied air respirators; these help to regulate body temperature and make breathing less strenuous

### IMPORTANT:

If you or someone you're with begins to vomit, have seizures, or loses consciousness, call 911 or visit an emergency department immediately.

