

Heat Stress

When your body's cooling system can't keep up with the heat, you dehydrate and your temperature rises above 38°C, putting you at risk for heat related illnesses

HEAT EXHAUSTION

Heat exhaustion is when your body cannot keep blood flowing both to vital organs and to the skin for cooling.

Symptoms

- Weakness, feeling faint
- Headache
- Breathlessness
- Nausea or vomiting
- Difficulty continuing work.

Treatment

Get medical aid and cool down (move to a shaded area, loosen clothing, drink cool water). It takes **30 minutes** at least to cool the body down from heat exhaustion, and if it's not treated promptly, it can lead to heat stroke.



HEAT STROKE

Heat stroke is a potentially deadly medical emergency. Your body has used up all its water and salt and cannot cool itself any further. Your temperature rises to dangerous levels.

Symptoms

- Confusion and irrational behavior
- Convulsions
- Unconsciousness
- No sweating—hot, dry skin
- High body temperature—40°C or more.

Treatment

If a co-worker shows symptoms of heat stroke, you should act fast.

- **Call the local emergency number or get the worker to a hospital.**
- Take aggressive steps to cool the worker down (immerse in a tub of cool water or cool shower, spray with a hose, wrap in cool, wet sheets and fan rapidly).
- If the worker is unconscious DO NOT give anything to drink

Preventing Heat Stress

- Drink small amounts of water every half hour. **Don't wait until you're thirsty.**
- Avoid coffee, tea, beer, or other drinks that make you go to the bathroom frequently.
- Avoid eating hot, heavy meals that increase your body temperature.
- Remember that your physical condition can reduce your ability to deal with the heat.
 - Age, weight, fitness, health conditions, recent illness, or medications can all affect your ability to withstand high temperatures.