



Safety Share

Heat Stress

Heat stress occurs when your body heats up and is unable to cool itself.

Heat stress may be a concern when:

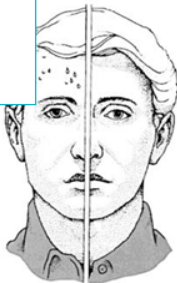
- Temperature exceeds 24 C
- Relative humidity exceeds 60 per cent
- There is little or no ventilation
- Clothing worn does not permit movement
- There are sources of radiant heat, such as hot surfaces or open flames
- Work requires heavy physical demands

Heat Exhaustion

- Cool, pale, clammy skin
- Low to normal skin temperature
- Profuse sweating
- Rapid weak pulse
- Dizziness & fainting
- Nausea or vomiting



Precursor to Heat Stroke



Heat Stroke

- Hot, red, dry skin
- High skin temperature
- No sweating
- Rapid strong pulse
- Throbbing headache
- Nausea or vomiting



Heat Stroke is a Medical Emergency

What can I do to protect myself?

- Give your body time to adapt.
- Stay hydrated before work, during work and after work. Do not wait until you are thirsty to drink water.
- Avoid caffeine and alcohol, which can dehydrate the body.
- Wear lightweight, light-coloured, loose-fitting clothing.
- Use local ventilation (like fans) to improve your body's ability to cool itself.
- When working in the sun, use sunscreen, sunglasses and a wide brimmed hat.
- Limit time spent in the sun, especially between 10 a.m. and 4 p.m.
- Report symptoms of heat related illness to your supervisor.

How can heat stress affect my health?

Early signs of heat stress include thirst, inability to concentrate, muscle cramps and heat rash. If symptoms of heat stress are not treated in the early stages, they can develop into serious conditions like heat exhaustion and heat stroke.