

* Helping to raise our safety awareness *

Protecting Yourself from Heat Stress

Know the symptoms of heat stress:

- Headache, dizziness or fainting
- Weakness or wet skin
- Irritability or confusion
- Thirst, nausea or vomiting

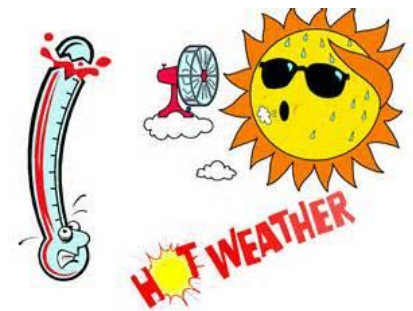


**COOL DOWN,
whenever possible**



What are the risk factors of heat stress?

- ❖ High temperature and humidity, direct sun exposure with no breeze or wind
- ❖ Low intake of liquids
- ❖ Heavy physical labour under the sun
- ❖ Waterproof clothing
- ❖ No recent exposure to hot workplaces



Maintain proper hydration, drink small amount of water frequently.

Avoid caffeinated beverages.

How to protect yourselves from heat stroke:

- Know the symptoms; in order to recognise it early
- Block out direct sun and other heat sources
- Avoid beverages containing alcohol or caffeine
- Wear lightweight, light coloured and loose-fitting clothes
- Try to take regular shaded breaks between continuous long working hours
- Drink plenty of fluids. Drink BEFORE you are thirsty, and drink water every 15 minutes



Heat Stress is **hazardous**, find a way to **keep cool!**