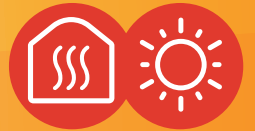


# Heat Stress

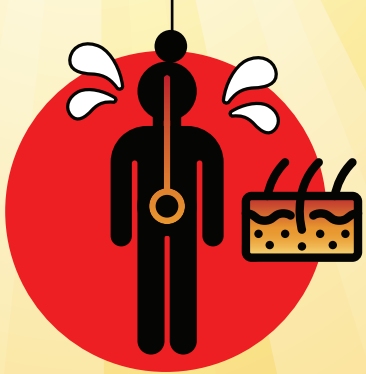


## CAN BE DEADLY

Heat illness is serious and gets worse quickly.

**DO NOT IGNORE WARNING SIGNS AND SYMPTOMS**

Early signs include **heat rash, muscle spasms and thirst (dehydration)**, followed by:



- HIGH BODY TEMPERATURE
- HOT DRY SKIN
- EXCESSIVE SWEATING



- HEADACHE
- NAUSEA



- WEAKNESS
- EXHAUSTION



- BEHAVIOURAL CHANGES

Angry • Irritable • Confused  
• Slurred Speech, etc



- DIZZINESS
- FAINTING
- SEIZURES

## PROTECT YOURSELF and OTHERS

[ Employers Have a Responsibility to Protect Their Workers ]



### FUEL UP

Drink at least 1 cup of water (or diluted sports drink) every 15 to 20 minutes and snack healthy and often.



### DRESS LIGHT

Wear loose-fitting, moisture wicking, UV protective clothing that is light in weight / colour (especially under PPE). Consider clothing with cooling technologies.



### REST OFTEN

Seek shade or cooler temperature location (e.g. air conditioned break/lunch room).



### PROTECT HEAD and EYES

Wear a wide-brimmed hat and UV sunglasses.



### MONITOR HEAT

Adjust your work schedule according to weather forecasts and temperature readings.



### BUDDY UP

Watch for signs of heat stress in co-workers.

**!** Having heat stress multiple times can lead to kidney disease, diabetes, metabolic syndrome, and obesity.

**Report all heat stress concerns to your Supervisor or HS Rep.**



Learn more about working in heat using our Heat Stress Toolkit:

