



HYDRATING  
SINCE 1975

**HYDRATE RESPONSIBLY**

# HEAT STRESS

HEAT STRESS IS 100% PREVENTABLE



## THE 3 STAGES OF HEAT STRESS



### DEHYDRATION

Dehydration is a condition caused by the loss of water and electrolytes from the body, it occurs if the body loses fluids.

Thirsty & Dry Mouth

Unusual Sweating

Dry Skin

Unusual Urination

Dizziness & Fatigue



### HEAT EXHAUSTION

Heat exhaustion occurs when the body is unable to effectively cool itself due to exposure to extreme heat.

Weakness & Paleness

Heavy Sweating

Tiredness

Headaches & Dizziness

Nausea & Vomiting



### HEAT STROKE

Heat stroke is a severe form of heat-related illness that can occur if your body temperature rises to 40°C or higher.

Heat Cramps & Rash

Rapid Breathing & Heartbeat

Seizures

Loss of Consciousness

Cardiac Stress

## HOW TO AVOID HEAT STRESS



### REHYDRATION PROGRAM

Develop a program designed to provide workers with proper rehydration strategies during hot weather and strenuous activities.

Drink plenty of water

Increase electrolytes

Avoid caffeine

Eat foods high in water content

Monitor urine colour



### PROTECTIVE EQUIPMENT

Personal protective equipment (PPE) can assist with heat stress and protects workers against heat-related illnesses.

Apply and reapply sunscreen

Cover up with sun protective hats

Light and loose fitting clothes

Provide a shaded areas

Evaporative cooling equipment



### HEALTH & FIRST AID

Immediate care should be given to someone who has become overheated or has suffered from a heat-related illness.

Take regular breaks

Maintain healthy body temperature

Keep up to date with weather warnings

Keep an eye on your co-workers

Have a health plan in place