



Heat-related stress

is caused by prolonged exposure to hot environmental temperatures where the body loses its natural ability to release internal heat energy.

HEAT STRESS


HEAT STRESS SYMPTOMS:

- Dark-coloured urine
- Fainting
- Headache
- Nausea
- Vomiting



- Fatigue
- Diarrhoea
- Confusion
- Dizziness
- Muscle cramps


FACTORS CONTRIBUTING TOWARDS HEAT STRESS:



WEATHER
High temperature, humidity, air speed, radiant surfaces



CLOTHING
Personal protective equipment




WORK RATE
Strenuous work, when & how often breaks are scheduled



ISOLATION
Working alone &/or remote locations



EDUCATION
Lack of knowledge on signs of heat stress & dehydration, amount of water to drink



THE INDIVIDUAL
Acclimatisation, age, medical conditions

PREVENTION STRATEGIES:



STAY COOL

- Use air-conditioning & ventilation if possible
- Avoid direct sunlight
- Wear lightweight, light-coloured clothing
- Take cool showers or baths



STAY HYDRATED

- Increase water intake to at least 8-10 glasses through the day
- Include fruits & vegetables in your diet
- Avoid alcohol & liquids containing high amounts of sugar



STAY INFORMED

- Check local news for extreme heat alerts & safety tips
- Follow advice from local regional health authorities
- Attend site awareness sessions