




Signs of

HEAT

STRESS

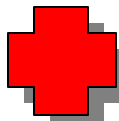
PREVENT HEAT STRESS

 **HEAT STRESS** occurs when heat causes your body temperature to rise above normal. Heat stress can cause:


- Muscle cramps
- Weakness
- Disorientation
- Death, if body temperature remains high



If you work in a hot environment, learn first aid for heat stress.



If someone shows symptoms of heat stress, get medical help immediately.

 **TO PREVENT HEAT STRESS..** Adapt to working in hot conditions gradually - take it easy for the first week.



Drink water frequently - at least eight ounces every 20 to 30 minutes.

Wear personal protective equipment (PPE) designed for hot environments.

Always use the fans, ventilators, exhaust systems and heat shields that are available.

