

HEAT STRESS INFORMATION SHEET

What Are Heat Stress Symptoms?

- Disturbed vision
- Dizziness
- Fainting
- Headaches
- Poor concentration
- Muscle cramps
- Pain and weakness in the limbs
- Collapse
- Nausea
- Vomiting

How Can You Avoid Heat Stress?

- No excessive alcohol before a planned shutdown;
- Avoid coffee and strong tea;
- Do no work in a hot environment if you have an acute illness, for example influenza;
- Take adequate fluids, ideally 1 pint of water 2 hours before working and then 1-3 pints cold water per hour while working in the heat (you will sweat this amount);
- Do not wait until you are thirsty. This only occurs when you are already 5% dehydrated;
- If you have been put on medication since your last medical examination, check if it is compatible with a hot environment by contacting Occupational Health.

If You Feel Unwell How Do You Treat It?

- Leave the hot area;
- Go to an air-conditioned refuge;
- Drink a pint of cold water immediately;
- Strip off to your underwear;
- Sponge or spray the body with cool water;
- If a fan is available use it.

PLEASE NOTE THAT AFTER AN EPISODE OF HEAT ILLNESS YOU SHOULD NOT WORK IN A HOT ENVIRONMENT FOR AT LEAST A WEEK AFTER RETURNING TO WORK.