

HEAT Stressing You Out?

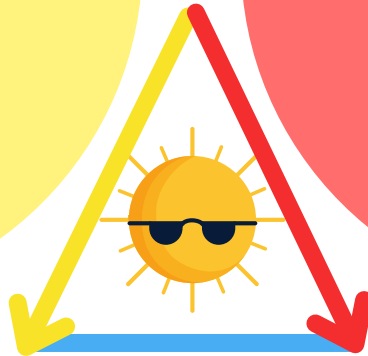
Workers in hot environments may be at risk of heat stress.

RISKS

High temperatures and/or humidity
Contact with hot objects or heat sources
Intense physical activity

SYMPTOMS

Fatigue
Headache
Thirst
Hot and dry skin
Cramps and nausea
Rashes
Fainting



ACTIONS

Drink water often
Avoid caffeinated drinks
Rest in a cool, shaded area
Follow protocols for working in hot environments
Limit intense activity during heat events