


# Heat Stress

**Heat stress** occurs when the body is exposed to thermal conditions that increase the core temperature beyond its optimal range of 36°C -38°C.

**Heat Disorders** occur when signs of heat stress are not recognized and symptoms are not treated early enough. Disorders are listed from least to most serious.

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- **Heat Rash:** skin becomes itchy and a rash develops as sweat glands are blocked and become inflamed

- **Heat Cramp:** painful muscle cramps or spasms may be accompanied by excessive sweating

- **Heat Exhaustion:** Shallow breathing, increased heart rate, clammy pale skin, fatigue, weakness, fainting, cramps, nausea, headaches

- **Heat Stroke:** Hot flushed dry skin, no sweating, confusion and agitation, decreased awareness and level of consciousness, vomiting/ nausea, irregular heart rate and breathing rate, seizures, cardiac arrest

## Tips for staying cool:

- Dress for the heat by wearing loose, breathable and light coloured clothing
- Stay hydrated by drinking plenty of water
- Plan to be out at cooler times and check the latest heat alert before heading out
- Stay cool by taking proper breaks or following the work-rest cycles applied, closing the blinds, and sitting away from windows
- Check-in with yourself, watch for any signs of heat illness for yourself and others