

HEAT STRESS

THE WARNING SIGNS

IMPORTANT: If you are experiencing any of these symptoms, notify your first aid officer or seek medical attention based on your health and safety policy.

Heat cramps - brief muscle cramps or spasms • Light Headedness
Nausea • Heat Rash • Feeling Thirsty • Excessive Sweating

ACTION: **REST & DRINK WATER**

FAINTING OR *Dizziness*

ACTION: **INFORM FIRST AID OFFICER**

 **HEAT EXHAUSTION** is a serious medical condition that can develop into heat stroke.

ACTION: **SEEK MEDICAL ADVICE**

 **HEAT STROKE** is a medical emergency and requires urgent attention.

ACTION: **CALL 000** [TRIPLE ZERO]