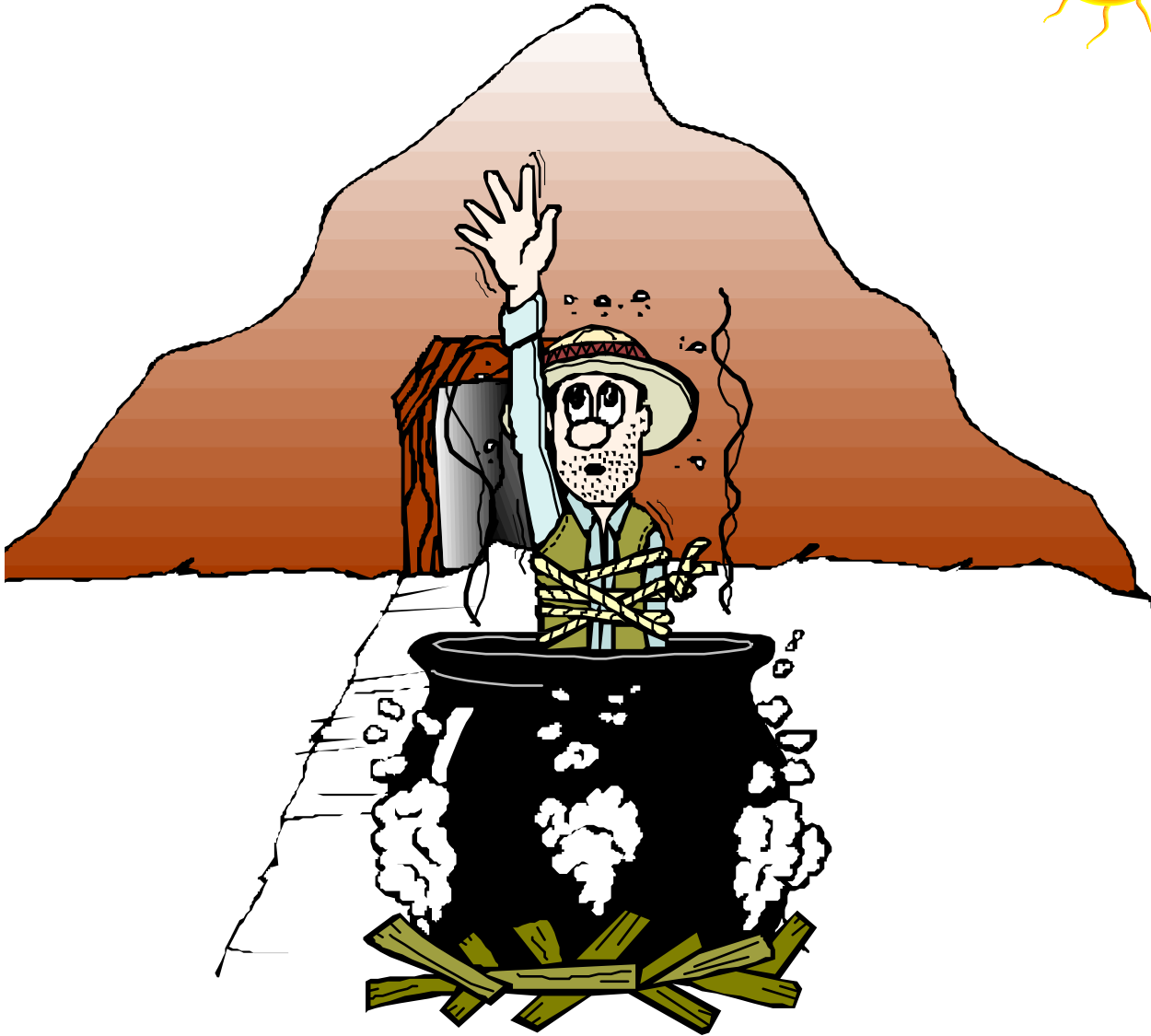
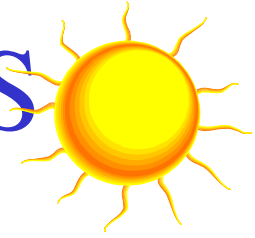


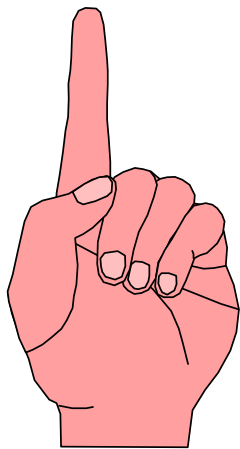
HEAT STRESS



WHAT IS IT AND
HOW IT AFFECTS YOU?

External Factors Affecting Heat Stress

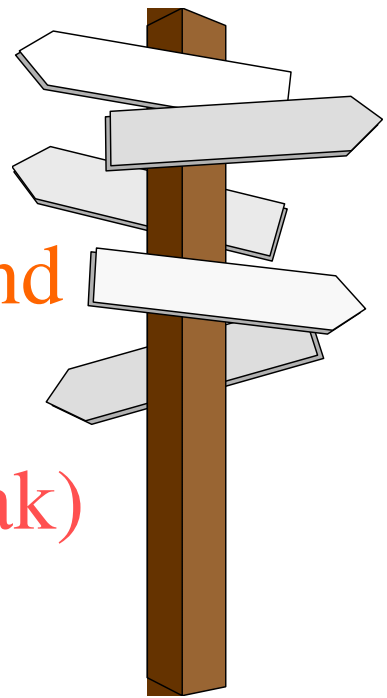
- Air movement
- Clothing
- Radiant heat (hot vessels and sun)
- Humidity
- Work rate (Mild/ Moderate/ Heavy)



If these
not controlled
**HEAT STRESS MAY
OCCUR!!!**

Effects of Heat stress on your body

- Prickly heat (skin rash)
- Muscle Cramps (pain and tension in muscles)
- Exhaustion (feeling weak)
- Syncope (fainting)
- Heat Stroke (life threatening!)



Heat Cramps

Your body is telling you to
slow down!

You Feel:

- Moist cool pale skin
- Nauseated
- Tired
- Muscle twitching
- Painful muscle cramps



Heat Exhaustion

your body is starting to
loose the battle!

You Feel:

- Heavy sweating
- Weak and fatigued
- Headache and dizzy
- Nauseated
- Rapidly breathing
- Intense thirst
- Vomiting

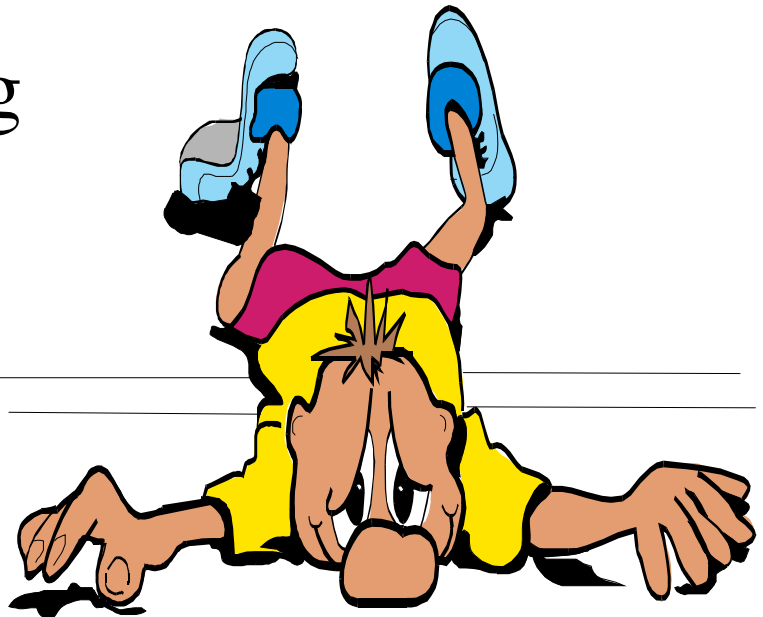


Heat Stroke

“Life threatening!”

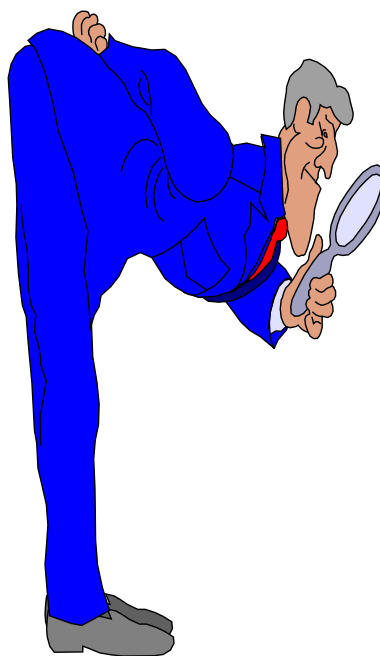
(The body can no longer regulate
it's own temperature!)

- Hot red skin
- NO sweating
- Rapid pulse
- Difficulty in breathing
- Confusion
- Vomiting
- Coma



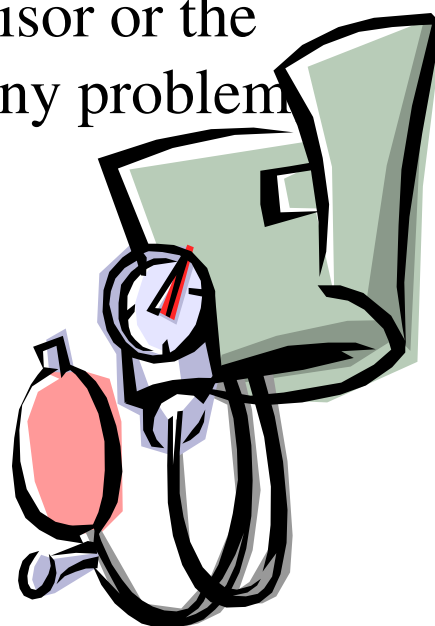
Risk Factors

- Dehydration,
- Lack of acclimatization, (from cool climate)
- Unfit,
- Lack of sleep,
- Tea/ Coffee and alcohol consumption,
- Cold / Flu / medical condition,
- Some medications and drugs.



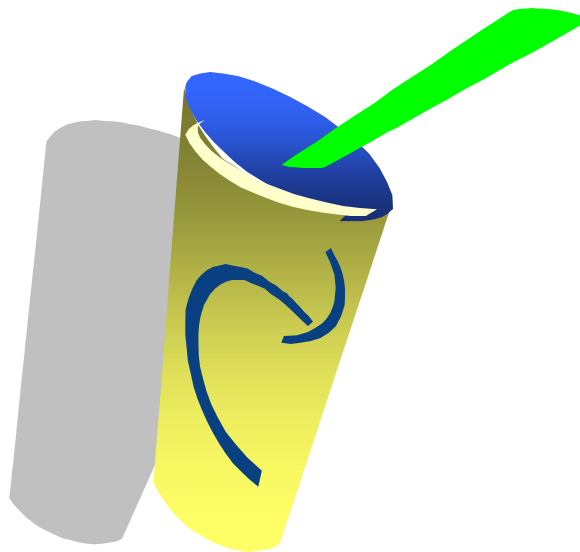
Prevention

- * Start drinking water
(before you start work),
- * Drink water
(As much as you need),
- * Check your Urine colour
(note the urine color),
- * Ensure adequate ventilation,
- * Rotate work
(from hot to cool areas),
- * Report to your Supervisor or the
Nurse at first sign of any problem
- * Keep an eye on
your work mates



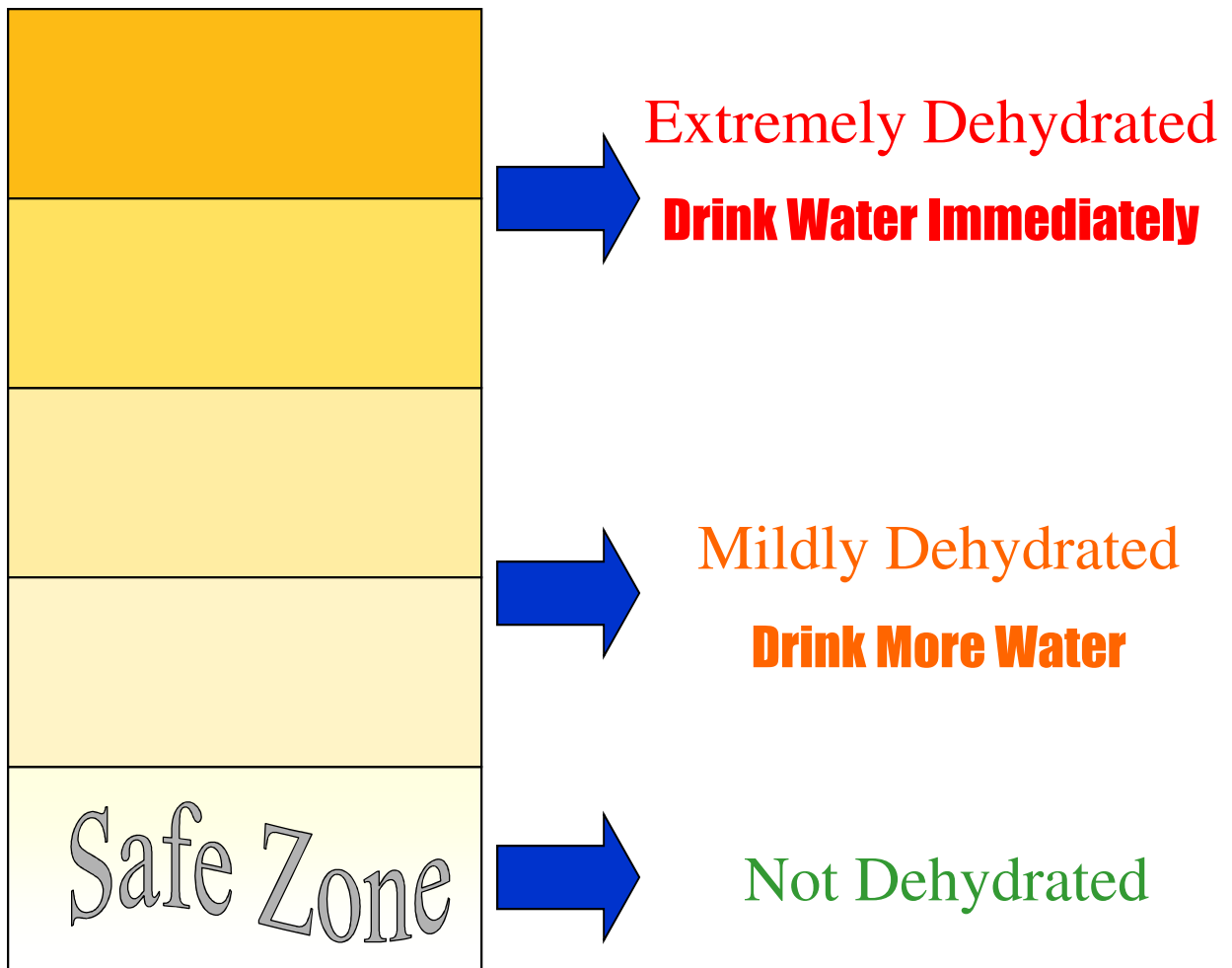
Warning!

- You need to learn to drink, even when you are not thirsty.
- By the time you feel thirsty you are already 10% dehydrated
- Urine colour gives indication of hydration state ie,
(if urine is dark drink more)



Heat Stress

The color of Urine tells you
how dehydrated you are!



Are you dehydrated?
Keep on drinking water.