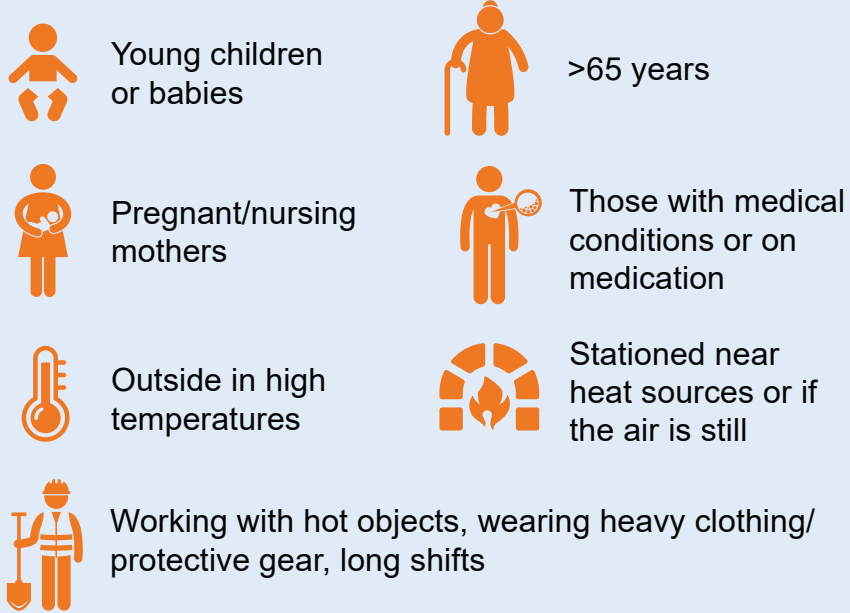


# HEAT AWARENESS

When your body is overwhelmed by heat, your condition can worsen quickly: **your body temperature can reach dangerously high levels in 10 to 15 minutes.**

## AM I AT RISK?

Anyone can be overcome by heat, even people who are fit and healthy.



## KEYS TO PREVENTION

### HYDRATION AND ACCLIMATISATION

Be smart about breaks and drinking water:

- Take scheduled breaks in cool places
- Encourage others to take breaks
- Drink safe water or natural juice regularly – about every 20 minutes, before you feel thirsty



Choose:

- Safe water
- Sports drinks
- Natural fruit or vegetable juice

Avoid:

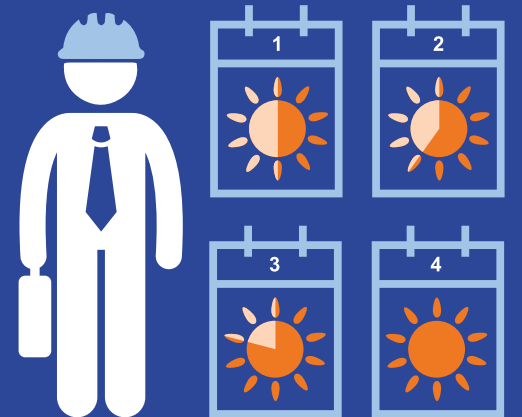
- Alcoholic drinks
- Drinks with caffeine (coffee, cola, some teas)
- Very sugary drinks (soda, sweetened juice drinks)

The human body can become more tolerant to heat in a process called **acclimatisation** - adjusting to your environment.

It happens over several days to a week – not in a few hours. Pulse rate, body temperature and general discomfort will be highest on day 1.

Workers who have worked in high temperatures before can usually handle:

- 50% exposure on day one
- 60% on day two
- 80% on day three
- 100% on day four (full working capacity): check their pulse, temperature and comfort level



## WATCH OUT FOR THESE SIGNS



## HEAT STROKE - WHAT TO DO

- Call for emergency medical help.
- Move them to a cooler place to lie down.
- Cool them in the best way possible: cool the skin, make a breeze, use ice packs.
- Offer cool water to drink if they are awake and able to drink. Do not give drinks if they are not alert or vomiting.
- Take their temperature every 10 minutes. Stop cooling efforts if the temperature reaches around 38.3-38.9C (101-102°F).
- If unconscious, place in the recovery position.

