



July 2023

Heat Awareness and Sun Safety

Working or playing where it is hot puts stress on your body's cooling system. When heat is combined with other stresses such as hard physical work, loss of fluids, fatigue or some pre-existing medical conditions, it may lead to heat-related illness, disability and even death.

Protect Yourself:

- Drink plenty of water – drink to the conditions, not to your thirst. Recommended a cup of water every 20 mins.
- Wear light, loose clothing that allows good air flow
- Use sunscreen with a high SPF rating (30 or higher)
- Cover your head when outdoors, light coloured, breathable hats
- Wash regularly to keep skin clean and dry
- Schedule frequent breaks - move to shaded areas or go indoors to cool down



Signs of Heat Stress

Heat Rash:	red, bumpy rash, severe itching
Treatment:	change into dry clothes, avoid hot environments, rinse skin with cool water
Heat Cramps:	painful cramps in frequently used body parts (ex. arms, legs, stomach), often a warning sign of more dangerous heat related illnesses
Treatment:	Move to cool area, loosen clothing, gently massage and stretch affected muscles, drink cool salted water or Gatorade type drink. If symptoms persist, see immediate medical attention
Fainting:	sudden fainting after at least (2) hours of work, cool moist skin, weak pulse
Treatment:	Seek immediate medical attention
Heat Exhaustion:	heavy sweating, cool moist skin, temperature over 38°C, weak pulse, normal or low blood pressure, tired and weak, nausea/vomiting, extremely thirsty, breathing or panting rapidly, vision may be blurred
Treatment:	Seek immediate medical attention
Heat Stroke:	high body temperature over 40°C and any one of the following – weak, confused, upset or acting strangely, hot dry red skin (classic heat stroke), profuse sweating (exertional heat stroke), fast pulse, headache or dizziness, in later stages may pass out and have convulsions.
Treatment:	Call an ambulance, seek immediate medical attention