

# Beware of Heat Stress



#### Heat **Exhaustion**

Your body attempts to adapt to the heavy sweating. heat through / You may start to become dehydrated as you lose water and electrolytes.

### **Symptoms**

**Fatigue** Nausea Headache **Excessive thirst** Muscle aches/cramps Weakness Sweats, clammy skin Slowed/weakened heartbeat **Dizziness** 



#### MEDICAL EMERGENCY

Your body is no longer able to cool itself and your body temperature rises dangerously.

#### **Symptoms**

**Decreased sweating/urination** Hot, flushed, or dry skin Rapid heart rate **Shortness of breath Increased body temperature** Confusion, agitation, seizure or loss of consciousness

# Find a cool place ^

Air-cooling systems help reduce heat 2 exposure.



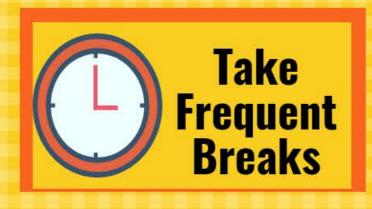
the Symptoms!

#### **Stay Hydrated**



Avoid sugary, caffeinated and alcoholic drinks

# **Preventing Heat Stress**





Slow Down! Your body needs time to adjust to the heat. Don't overexert yourself performing physical tasks.