



Carleton
UNIVERSITY

Beware of Heat Stress



Heat Exhaustion

Your body attempts to adapt to the heat through heavy sweating. You may 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



Heat Stroke

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 exposure.



Know the Symptoms!

Stay Hydrated



Avoid sugary, caffeinated and alcoholic drinks

Preventing Heat Stress



Take Frequent Breaks



Slow Down!

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