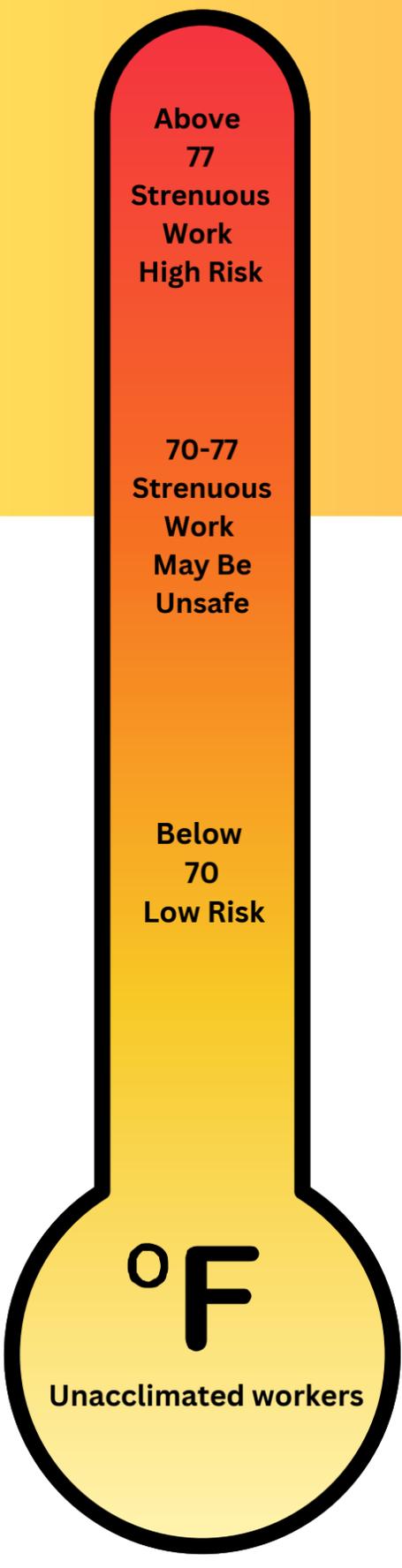


HEAT CHEAT SHEET

Workplace Heat Stress Awareness

Heat stress occurs when the body cannot effectively regulate its core temperature, leading to health problems and reduced productivity.

Risk Factors



Direct sun exposure



High temperatures



Lack of acclimation



Dehydration



Limited air movement



Medical condition



Physical exertion



Heavy clothing

Heat Stress

Heat Rash



Itchy rash
Small blisters
Redness

Heat Cramps



Painful muscle spasms
Dehydration

Heat Exhaustion



Dizziness
Headaches
Nausea
Excessive sweating
Rapid heartbeat

Heat Stroke



Life-threatening condition
Confusion
Seizures
High body temperature
Loss of consciousness
Immediate medical attention

Prevention

SWEAT

Shade. Water. Educate. Acclimate. Take a break.