



Heat Stress

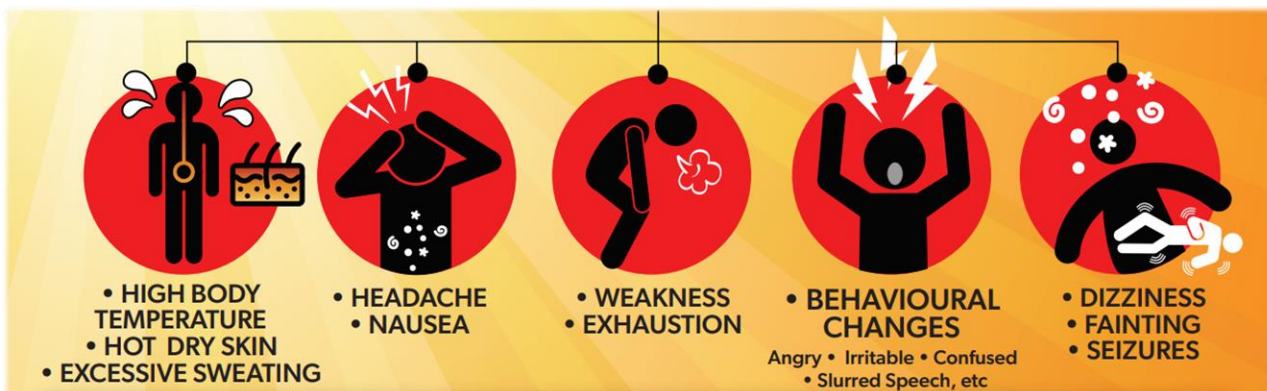
Heat and humidity are a normal part of summers, but how your body reacts to the heat depends on how hard you are working/playing, how much water you have been drinking, how fit you are, and whether you have become acclimatized to the higher temperatures.

Heat stress can occur wherever physical work is being done in a hot, humid environment. The body tries to cool itself by increasing the heart rate to move blood—and heat—to the skin and by sweating to help cool the blood and body. But when too much water is lost through sweating, dehydration occurs. This can lead to heat-related illnesses including heat rash, heat cramps, fainting, heat exhaustion, and/or heat stroke.



Do not ignore these **SIGNS AND SYMPTOMS** of Heat Stress

Early signs and symptoms include **heat rash, muscle spasms** and **dehydration**, followed by:



This is your body communicating that something needs to be done to balance your body's heating and cooling system.

Prevention tips:

1. **Be aware of:** Weather forecast & UV index, the signs and symptoms of heat stress in yourself and others around you.
2. **Fuel up.** Drink water frequently and eat healthy snacks such as fruits.
3. **Dress appropriately.** Wear loose-fitting, UV protective clothing that is light in weight/color (especially under PPE). Wear a broad-brimmed hat and UV-rated sunglasses. Wear sunscreen with SPF rating of at least 15 on exposed skin.
4. **Reduce Exposure:** Plan outdoor work for early morning (before 11 AM) or late afternoon (after 4 PM). If unavoidable, wear appropriate PPE and seek shade to take a microbreaks and drink plenty of water.
5. **Avoid** caffeinated and alcoholic drinks. Alcohol and caffeinated beverages such as tea, coffee, and cola are diuretics and will dehydrate your body.
6. **Call 911** and seek medical attention immediately if you or someone around you is having Heat Stroke. For more information on Heat stress prevention and treatment visit: [Managing Heat Stress | ontario.ca](https://www.ontario.ca/managing-heat-stress)

