

WORKSAFE

► Preventing Heat Exhaustion

Exposure to excessive heat may cause heat exhaustion and other more serious health problems. If you are impacted by exposure to excessive heat you may feel dizzy, sweat heavily, experience muscle cramps or become very pale.

To prevent heat exhaustion:

- Find shade or breeze drink plenty of liquids (non-alcoholic) even if you are not thirsty.
- Wear loose, lightweight clothes and if you have one, take your phone with you in case you are going to be out longer than expected.
- Use sunscreen with a high SPF to protect against sunburn.
- If possible, organize your activities to avoid being out in the sun during the hottest part of the day.

If you begin to experience any symptoms of heat exhaustion, take action to cool yourself down by:

- Resting.
- Find shade or breeze.
- Hydrating.
- Advise your coworkers or supervisor you are feeling unwell.

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