

Warning Signs of Heat Exhaustion



- High body temperature
- Excessive sweating
- Dizziness
- Lightheadedness
- Confusion
- Loss of concentration
- Increased irritability
- Darkened or decreased urine
- Increased thirst
- Swelling
- Headache
- Rapid breathing and heart rate

Preventative Measures

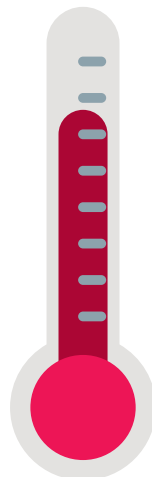


- Wear loose, lightly coloured, and lightweight clothing
- Drink lots of water
- Take micro-breaks often
- Stay informed and plan ahead
- Avoid strenuous work and activities
- Check in with yourself and others
- Ensure fans or air conditioning (if available) are working properly
- Consider a misting station or rest areas with air conditioning, fans, or shade

Heat exhaustion can accelerate into **heat stroke** which may include dry skin that doesn't sweat, delirium, loss of consciousness, trouble breathing, low or high blood pressure, or seizures.

If Showing Signs of Heat Exhaustion

- Move to a cooler, shaded location
- Stop physical activity
- Remove heavy, tight, or extra clothing
- Apply cool, wet cloths, or spray with water or use icepacks, if tolerated
- Drink cool fluids
- Seek first aid



If Showing Signs of Heat Stroke

- Call 911—heat stroke is a medical emergency
- Move to a cooler, shaded location
- Remove heavy, tight, or extra clothing