

HEAT SAFETY

Overheating can occur quickly and without warning – so it's important you watch for symptoms and take action quickly.

SYMPTOMS



Dizzy or light headedness



Slow responses or fatigue



A throbbing headache



Stop sweating, rapid pulse



Confusion



Muscle cramps or weakness



Nausea, vomiting or diarrhoea



Loss of consciousness

MILD

SEVERE

RESPONSES



Increase fluids, electrolytes



Take a break in a cool spot



First aider, tell your manager



Do not leave person alone



Run cold water over your wrists



Remove excess clothing



Cold compress



Immediate Medical Attention

IMMEDIATELY
HYDRATE / REST

IMMEDIATE MEDICAL
ATTENTION

NEED ADVICE? CALL HEALTHLINE ON 0800 611 116