

## Tips Heat Exposure

*Protect yourself from the effects of heat.  
Wear sunscreen, drink plenty of water,  
take breaks and seek shade*



# Heat Exposure

**Working in hot temperatures for extended periods of time can lead to dehydration, heat exhaustion and heat stress. Your body can overheat because it is unable to cool itself through sweating.**

**Once you overheat, you'll notice symptoms like:**

- clammy or sweaty skin
- feeling weak or dizzy
- headaches
- darker coloured pee
- pounding or rapid pulse
- loss of balance, fainting.

You can limit your heat exposure by:

- drinking plenty of water throughout the day
- taking breaks or undertaking tasks in the shade whenever possible
- wearing sun-protective clothing – hat, sunglasses, breathable fabrics.

You are more susceptible to the effects of heat exhaustion and stress if you are:

- working in closed areas with limited air flow
- in confined spaces
- doing under floor, ceiling or roof work
- in cabs of mobile plant.

Age, build and any medical issues can also increase the impact of heat.

**If heat stress or exhaustion is not dealt with, it can progress to heat stroke. This is severe and can result in death.**