

# HEAT STRESS

Did you know...

Heat kills more  
Australians than  
any other natural  
disaster



of Heatstroke  
cases are fatal

What can you do?

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- Know what you can do to avoid heat stress
  - Never underestimate the effect of heat stress
  - Prevention saves lives



## THOSE AT RISK:

- Those working or exercising in hot conditions
- People over 65 years
- Overweight people
- Those who consume excessive amounts of alcohol
- Babies & young children
- Pregnant and nursing mothers
- Those on medications for mental illness
- Those who are physically unwell, especially with heart disease, high blood pressure or lung disease

## CAUSES:

1. Dehydration
2. Lack of airflow
3. Sun exposure
4. Hot and crowded conditions
5. Radiant heat

Heatstroke and Heat exhaustion can have very similar symptoms: Catch it early and seek medical attention immediately for Heat exhaustion.

Heat exhaustion is the precursor to heatstroke and is a direct result of the body overheating. Heat exhaustion is identifiable by heavy sweating, rapid pulse, dizziness, fatigue, cool, moist skin with goosebumps when in

# Heat Exhaustion



Heatstroke and heat exhaustion can have very similar symptoms

the heat, muscle cramps, nausea and headache. These symptoms may develop over time or come on suddenly, especially during or following periods of prolonged exercise.

**Heatstroke can look similar to Heat exhaustion:** nausea, vomiting, flushed skin, rapid breathing, racing heart but sweating may stop and the skin can feel dry – a good rule of thumb but not always the case. An altered mental state or behavioural changes occur with heat exhaustion.

- Heavy sweating
- Weakness
- Cool, pale, clammy skin
- Fast weak pulse/ nausea / vomiting
- Low blood pressure – light headed, tired, dizzy on standing
- Muscle cramps

## Heatstroke Call 000

- Body temp over 40.5 C
- Hot, red, dry skin (may still be clammy)
- Rapid, strong pulse
- Dry, swollen tongue
- Unconscious or significant change to character

## Prevention is Key:

- Keep your fluids up, hydration is key
- Keep cool
- Keep your environment cool
- Plan ahead
- Keep your energy levels up
- Check in on others
- Don't remain in or leave anyone or animals in a hot car

