Working in hot conditions? Know the warning signs.

Heat-illness
- Vomiting or nausea
- Dizzy or weak
- Clumsy, light-headed and/or fainting

Heat stress
- Pale, cool, clammy skin
- Rapid breathing and shortness of breath
- Rapid, weak pulse

Heat stroke
- High body temperature 40C or more
- Flushed and dry skin
- Pounding, rapid pulse