

# Working in hot conditions? Know the warning signs.



Government  
of South Australia

SafeWork SA

## 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