

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