



Keeping Employees Safe in Hot Temperatures: A Quick Guide!

Preventing Heat-Related Illness: Recognize the Signs!

Warning signs of heat stress:



Tiredness



Dizziness



Headache



Nausea / Vomiting



Excessive Sweating



Cramps (Arms, legs, stomach)

What to do if symptoms occur:

01

Move the person to a shaded or air-conditioned area.

02

Lay them down and elevate their legs.

03

Remove any tight or heavy clothing.

04

Sip water or an electrolyte drink.

Prevention for the future:



Flexible Work Policies: Adjust schedules based on weather conditions.



Break Management: Reassess break lengths and enforcement.



Acclimatization Training: Ensure employees are trained to adapt to heat.



Cultural Review: Check existing measures and promote a culture of heat safety.



Remember: Prevention is always better than cure!