

MANAGING HEAT STRESS



Before activity



Ensure aerobic fitness.

A healthy cardiovascular system enhances heat regulation.



Plan your pace.

Reduce your pace to avoid heating.



Stay cool.

Lower body temperature before activity and stay under shade with fans.



Wear loose-fitting & light-coloured clothes.



Plan for rest breaks.



Be well-hydrated.

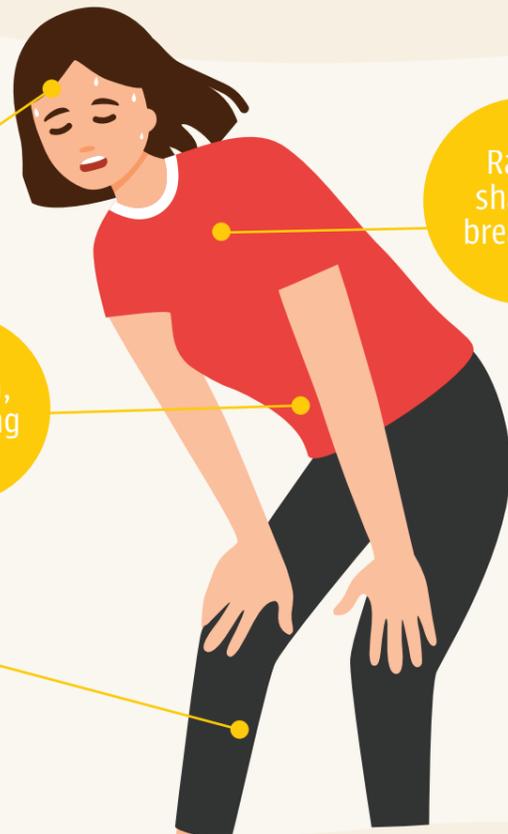
Mild symptoms

Feeling faint, dizzy

Nausea, vomiting

Muscle cramps, weakness, fatigue

Rapid, shallow breathing



Reduce pace

Stop the activity.



Rest in the shade

Rest in a cool shaded area with ventilation.



Remove clothing

Loosen or remove excess clothing.



Reinforce cooling

Enhance cooling using fans, cold packs, cold towels, or cold water ingestion.

The presentation & severity of symptoms may vary between individuals.

Severe symptoms

Confusion, irritability

Unconscious or experiencing seizure

Disoriented



Rapid temperature reduction

Cool immediately with the use of ice packs, wet towels, cool water or a cooling blanket. Douse with cold water if possible.



Rush to hospital

Call 995 and maintain cooling en route.