



FOCUS ON EXTREME HEAT

FOR PROTECTION ON A DAILY BASIS: ADOPT GOOD PRACTICE



Keep well hydrated by drinking water frequently throughout the day, even if you do not feel thirsty.



Be aware of any signs of heatstroke (see warning signs below), both for yourself and for others. Inform your supervisor immediately if you notice any symptoms.



Cool your body (at least your face and forearms) several times a day.



On a daily basis, **eat sufficient quantities** of light, water-rich foods (fruit and vegetables).

Avoid fatty foods and alcoholic and caffeinated beverages.



To protect yourself from the sun and heat:

- Wear loose-fitting, lightweight, light-colored clothing that will provide sun protection. Wear UV-protective clothing if possible.
- Wear a head covering that protects the back of the neck and sunglasses.
- Apply sunscreen regularly to your face, ears and neck.



Pay close attention to the instructions given by your employer and be sure to apply them.

TO REACT QUICKLY: SPOT THE WARNING SIGNS



Fever



Headaches



Convulsions



Rapid pulse and breathing



Nausea or vomiting



Dry, red, hot skin



Confusion, delirium, incoherent speech



Dizziness, vertigo, loss of balance



Extreme weakness or fatigue



Loss of consciousness



FOR YOURSELF AND OTHERS, REACT

► ...FOR YOURSELF

► ...FOR OTHERS

Alert emergency services or have them alerted.

If you experience any of the warning signs:

- Stop all activity if you feel unwell or uncomfortable.
- Report your symptoms immediately and ask for help.
- Move to the shade or to a cooler place.
- Remove as much clothing as possible.
- Spray yourself with water or cool off by applying a damp cloth to your head, face, and the front and back of your neck.
- Drink water.

If you notice any warning signs:

If the person is conscious:

- Move them into the shade or a cooler place.
- Remove as many clothes as possible.
- Wet their skin and clothes, or apply a damp cloth to their head, face, and the front and back of their neck.
- Give them water to drink in small quantities.

If the person is unconscious:

- Put them in the recovery position.
- Keep an eye on them until help arrives.