

# BEAT THE HEAT

Frequently Asked Questions

## What should I do if I work in a hot environment?

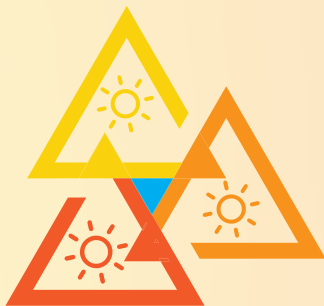
Pace yourself. If working in the heat makes your heart pound and leaves you gasping for breath, **STOP** all activity. **Get into a cool area or at least in the shade, and rest, especially if you become lightheaded, confused, weak, or faint.**

Several heat-related illnesses can affect workers. Some of the symptoms are non-specific as described in section 5. This means that when a worker is performing physical labour in a warm environment, any unusual symptom can be a sign of overheating.

**Employers and workers should become familiar with the heat symptoms.** When any of these symptoms are present, promptly provide first aid. Do not try to diagnose which illness is occurring. Diagnosis is often difficult because symptoms of multiple heat-related illnesses can occur together. Time is of the essence. These conditions can worsen quickly and result in fatalities.

**When in doubt, cool the worker and call 112.**





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## First aid for heat-related illness:

- Take the affected worker to a cooler area (e.g., shade or preferably air conditioned room).
- **Cool the worker immediately. Use active cooling techniques such as:**
  - Apply cool, wet cloths, or have the person sit in a cool bath (not if dizzy or with an altered level of consciousness).
  - Place the person in a cool shower (do not do this if the person is dizzy); spray the person gently with cool water; sponge the person with cool water and use a fan/air-conditioning.
  - Remove outer layers of clothing, especially heavy protective clothing.
  - Place ice or cold wet towels on the head, neck, trunk, armpits, and groin.
  - Use fans to circulate air around the worker and a wet towel around his/her neck.
- Never leave a worker with heat-related illness alone. The illness can rapidly become worse. Stay with the worker.

**Confusion, slurred speech, or unconsciousness are signs of heat stroke. When these types of symptoms are present, call 112 immediately and cool the worker with ice or cold water until help arrives.**

