



January Safety Message



The human body is normally 37°C, usually if we are too hot, we would start to sweat and the blood vessels near the skin would dilate to try and cool the body down.

You may also have heard the expression “it’s not the heat, it’s the humidity”, this is not just a saying, high levels of humidity can actually reduce the degree to which the body can lose heat by evaporation.

If it is too hot or too humid the harder it is to cool off and the easier it is to suffer from heat stress.

Here are a few tips on recognising the warning signs, and what to do if you are suffering from heat stress.

Symptoms of Heat Stress:

Common symptoms range from feeling thirsty and having heat rash and muscle cramps through to dizziness, fainting and exhaustion. In extreme cases where the core body temperature rises above 40.5°C you can suffer from heat stroke, which is a medical condition requiring urgent medical attention.



Preventing Heat Stress:

- Drink plenty of water
- Avoid heat exposure
- If you have to be outside, wear appropriate clothing such as light colours, loose fitting natural fibres and a wide brimmed hat



Managing Heat Stress:

- Move to a cooler place
- Avoid using creams and ointments as they can keep the skin warm and moist which can worsen the condition
- Increase your fluid intake (avoiding alcohol or caffeine)
- Rest



If symptoms persist seek medical attention. As always when out in the sun remember to:



SLIP



SLOP



SLAP



SEEK



SLIDE