

# Heat Stress WARNING SIGNS



## When Your Body Gets Too Hot



37°C

[NORMAL]

Heat illness is serious and gets worse quickly.

**DO NOT IGNORE WARNING SIGNS AND SYMPTOMS**

38°C



HEAT RASH

+38°C



**HEAT CRAMPS**  
(Muscle / Stomach)



**FAINTING**  
(HEAT SYNCOPE)



**HEAT EXHAUSTION**



**HEAT STROKE**

BRAIN



- Headache
- Thirst
- Fatigue

- Headache
- Clumsiness
- Dizzy / Light headed
- Poor decision making

- Confusion
- Irritable
- Aggressive
- Blurred vision

- Hallucinations
- Convulsions / Seizures
- Coma

MUSCLES



- Electrolyte imbalance
- Dehydration

- Muscle breakdown (feels like cramping)

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HEART



- Increased heart rate

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- Tachycardia
- Dizzy / Light headed
- Weak pulse

- Hypertension
- Heart failure
- Heart attack

STOMACH / GUT



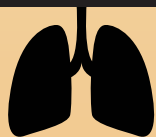
- Cramps

- Cramps
- Nausea
- Vomiting

- Nausea
- Vomiting

- Vomiting
- Stomach swelling

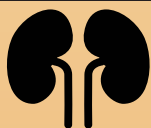
LUNGS



- Panting
- Rapid breathing

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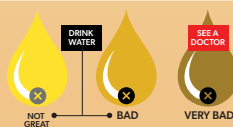
KIDNEYS



- Urine colour (dark)



- Urine colour (darker)



- Urine output (decrease)

- Urine output (minimal)
- Urine colour (RED)
- Kidney failure



SKIN



- Rash
- Edema
- Sunburn

- Sweating

- Cool skin
- Damp / moist skin

- Sweating
- Flushed

- Classic – No sweat
- Flushed / red skin
- Exertional – Sweating

02-29-2024



For other infographics in this series, or to learn more about working in the heat, see our Heat Stress Toolkit:



Scan or Click