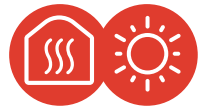


# Heat Stress WARNING SIGNS



## When Your Body Gets Too Hot

	37°C [NORMAL]	38°C	+38°C		+40°C	
	<p>Heat illness is serious and gets worse quickly. <b>DO NOT IGNORE WARNING SIGNS AND SYMPTOMS</b></p>	<p><b>HEAT RASH</b></p>	<p><b>HEAT CRAMPS</b> (Muscle / Stomach)</p>	<p><b>FAINTING</b> (HEAT SYNCOPE)</p>	<p><b>HEAT EXHAUSTION</b></p>	<p><b>HEAT STROKE</b></p>
<b>BRAIN</b>			<ul style="list-style-type: none"> <li>• Headache</li> <li>• Thirst</li> <li>• Fatigue</li> </ul>	<ul style="list-style-type: none"> <li>• Headache</li> <li>• Clumsiness</li> <li>• Dizzy / Light headed</li> <li>• Poor decision making</li> </ul>	<ul style="list-style-type: none"> <li>• Confusion</li> <li>• Irritable</li> <li>• Aggressive</li> <li>• Blurred vision</li> </ul>	<ul style="list-style-type: none"> <li>• Hallucinations</li> <li>• Convulsions / Seizures</li> <li>• Coma</li> </ul>
<b>MUSCLES</b>			<ul style="list-style-type: none"> <li>• Electrolyte imbalance</li> <li>• Dehydration</li> </ul>	<ul style="list-style-type: none"> <li>• Muscle breakdown (feels like cramping)</li> </ul>	<ul style="list-style-type: none"> <li>• Muscle breakdown (feels like cramping)</li> </ul>	<ul style="list-style-type: none"> <li>• Muscle breakdown (feels like cramping)</li> </ul>
<b>HEART</b>			<ul style="list-style-type: none"> <li>• Increased heart rate</li> </ul>	<ul style="list-style-type: none"> <li>• Increased heart rate</li> </ul>	<ul style="list-style-type: none"> <li>• Tachycardia</li> <li>• Dizzy / Light headed</li> <li>• Weak pulse</li> </ul>	<ul style="list-style-type: none"> <li>• Hypertension</li> <li>• Heart failure</li> <li>• Heart attack</li> </ul>
<b>STOMACH / GUT</b>			<ul style="list-style-type: none"> <li>• Cramps</li> </ul>	<ul style="list-style-type: none"> <li>• Cramps</li> <li>• Nausea</li> <li>• Vomiting</li> </ul>	<ul style="list-style-type: none"> <li>• Nausea</li> <li>• Vomiting</li> </ul>	<ul style="list-style-type: none"> <li>• Vomiting</li> <li>• Stomach swelling</li> </ul>
<b>LUNGS</b>					<ul style="list-style-type: none"> <li>• Panting</li> <li>• Rapid breathing</li> </ul>	<ul style="list-style-type: none"> <li>• Panting</li> <li>• Rapid breathing</li> </ul>
<b>KIDNEYS</b>			<ul style="list-style-type: none"> <li>• Urine colour (dark)</li> </ul>	<ul style="list-style-type: none"> <li>• Urine colour (darker)</li> </ul>	<ul style="list-style-type: none"> <li>• Urine output (decrease)</li> </ul>	<ul style="list-style-type: none"> <li>• Urine output (minimal)</li> <li>• Urine colour (RED)</li> <li>• Kidney failure</li> </ul>
<b>SKIN</b>	<ul style="list-style-type: none"> <li>• Rash</li> <li>• Edemai</li> <li>• Sunburn</li> </ul>		<ul style="list-style-type: none"> <li>• Sweating</li> </ul>	<ul style="list-style-type: none"> <li>• Cool skin</li> <li>• Damp / moist skin</li> </ul>	<ul style="list-style-type: none"> <li>• Sweating</li> <li>• Flushed</li> </ul>	<ul style="list-style-type: none"> <li>• Classic – No sweat</li> <li>• Flushed / red skin</li> <li>• Exertional – Sweating</li> </ul>

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