



## Recognizing Symptoms in People of Colour

Many early visual signs of heat stress are not recognized in people with darker skin due to a lack of awareness. Behavioural changes can often be the earliest and most reliable signs of heat stress.



NAUSEA



DIZZINESS



CONFUSION



FATIGUE

### Identifying heat stress skin symptoms in people of colour

Heat rash can appear as rough, raised patches, instead of the red rash seen in people with lighter skin.



Sweat contrasts with darker skin tones, making it easier to detect excessive sweating- a key sign of heat stress.



Darkening or a greyish tint to their skin, especially around the mouth and nailbeds.



Communities with inadequate healthcare resources and inadequate workplace support face higher risks due to prolonged exposure to extreme heat and inadequate safeguards. These individuals are more likely to develop chronic conditions like kidney disease if heat stress is not promptly recognized.



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



Scan or Click