

Heat stress warning

Heat stress self-check:

- Do you know how to recognize the signs and symptoms of heat stress?
- Do you know where and how to get first aid treatment at your workplace?
- Do you have access to cool water at the workplace?
- Is someone checking on you regularly to ensure you're doing okay?
- Have you been trained on your employer's heat stress control plan and understand how to protect yourself from heat stress?

If you answered no to any of the questions above, speak to your supervisor.

⚠ Signs and symptoms of heat stress:

- Dizziness or fainting
- Headaches or nausea
- Muscle cramps
- Agitation or confusion
- Increased heart rate

If you experience any of these symptoms, immediately report to your supervisor and seek first aid.

If untreated, heat stress can lead to serious illness or death.



For more information on heat stress visit worksafebc.com or scan the QR code.

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