

Heat stress warning

⚠️ Signs and symptoms of heat stress

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

- Dizziness or fainting
- Headaches or nausea
- Muscle cramps
- Agitation or confusion
- Increased heart rate and breathing
- Excessive sweating*

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

* Sweating may stop if heat exhaustion is reached. This is a medical emergency.

Heat stress self-check:

- Have you been trained on your employer's heat stress control plan, including how to get first aid treatment at your workplace?
- Is there cool water at your workplace you can drink?
- Is someone checking on you regularly for signs of heat stress?

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



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

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