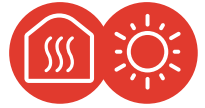


Heat Stress WARNING SIGNS



When Your Body Gets Too Hot

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

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



Scan or Click