



Heat safety

Overheating can occur quickly. It is important to watch for symptoms and take action quickly.

	MILD		SEVERE	
Symptoms	<ul style="list-style-type: none"> • Dizziness and feeling faint • Muscle cramps or spasms 	<ul style="list-style-type: none"> • Heavy sweating • Feeling sick or being sick (nausea/vomiting) 	<ul style="list-style-type: none"> • Headaches • Confusion • Weakness or tiredness 	<ul style="list-style-type: none"> • A fast pulse rate • Hot, flushed (red), dry skin • Loss of consciousness
What to do	<ul style="list-style-type: none"> • Drink water or electrolytes 	<ul style="list-style-type: none"> • Rest in a cool place • Remove excess clothing 	<ul style="list-style-type: none"> • Cool the skin. Use a shower, or cool, damp towels or sheets 	<ul style="list-style-type: none"> • Do not leave person alone • Seek immediate medical attention
	HYDRATE AND REST		EMERGENCY CALL 111	