MANAGING HEAT STRESS



Before activity



Ensure aerobic fitness.

A healthy cardiovascular system enhances heat regulation.



Plan your pace.

Reduce your pace to avoid heating.



Stay cool.

Lower body temperature before activity and stay under shade with fans.



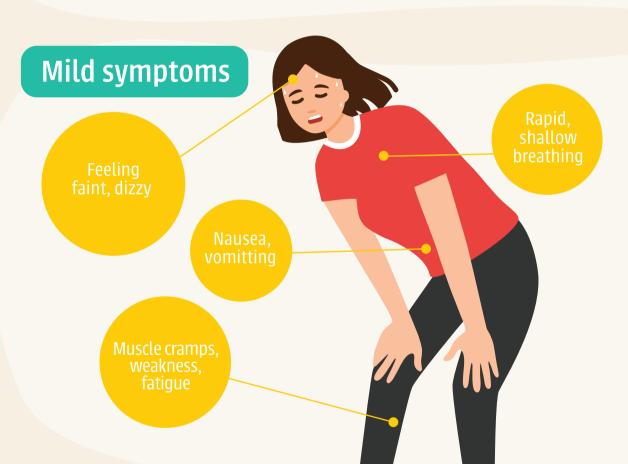
Wear loose-fitting & light-coloured clothes.



Plan for rest breaks.



Be well-hydrated.



Reduce pace



Stop the activity.

Rest in a cool shaded area with ventilation.

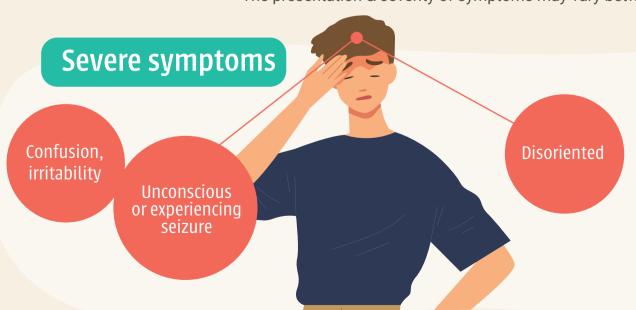
Remove clothing
Loosen or remove
excess clothing.

Reinforce cooling

Reinforce cooling

Enhance cooling using fans, cold packs, cold towels, or cold water ingestion.

The presentation & severity of symptoms may vary between individuals.



Rapid temperature reduction

Cool immediately with the use of ice packs, wet towels, cool water or a cooling blanket. Douse with cold water if possible.

Rush to hospital

Call 995 and maintain cooling en route.



