

# 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.

## Mild symptoms

Feeling faint, dizzy

Nausea, vomiting

Muscle cramps, weakness, fatigue

Rapid, shallow breathing



### Reduce pace

Stop the activity.



### Rest in the shade

Rest in a cool shaded area with ventilation.



### Remove clothing

Loosen or remove excess clothing.



### Reinforce cooling

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

The presentation & severity of symptoms may vary between individuals.

## Severe symptoms

Confusion, irritability

Unconscious or experiencing seizure

Disoriented



### 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.