

Your **SMART** 
SAFETY Moment

Heat Stress

Too hot!

When the heat's on, chances of experiencing heat stress increase. Know the different types of heat stress and how they can make you ill.

- Heat stroke occurs when the body is unable to regulate its temperature or cool down.
- Heat exhaustion is severe dehydration due to the loss of water through sweating.
- Heat syncope is fainting due to dehydration or inability to adapt to hot environments.
- Heat cramps are caused when the body sweats excessively and depletes muscles of proper nutrients.
- Heat rash is a skin irritation caused by excessive sweating.

Through training and awareness of heat stress, heat-related injuries or illnesses can be reduced.

And that's smart safety!

For additional information or guidance, contact your safety office.