

BEWARE OF HEATSTROKE



WORKING IN INTENSE HEAT
AND HUMIDITY CAN LEAD
TO SERIOUS HEALTH PROBLEMS.

THE RISK IS HIGHER:

- At the start of warm weather or during heat waves
- For workers starting a new physically strenuous job



AVOIDING HEALTH RISKS

- Drink a glass of water every 20 minutes, even if you don't feel thirsty.
- Reduce your usual work pace.
- Take more frequent breaks in a shady or cool place.
- Wear light clothes that breathe (avoid nylon).
- Do more difficult jobs in the morning when it's cooler.
- Have a means of communication if you work alone.



WARNING SIGNS

- Unusual fatigue
- Nausea or headache
- Stomachache
- Muscle cramps
- Chills
- Dizziness

What to do?

- Rest in a shady area
- Drink water
- Alert your supervisor or a first aider



SEVERE SYMPTOMS

- Bizarre behaviour
- Difficulty standing
- Vomiting
- Aggressiveness
- Confusion, incoherent speech
- Loss of consciousness

ACT IMMEDIATELY: THE SITUATION IS LIFE-THREATENING!

Call 911 and begin first aid.

- Lie the person down somewhere shady or cool.
- Remove their excess clothes.
- Sprinkle them with water.
- Fan them with something, such as a piece of clothing.
- Place cold compresses on their armpits, neck, and groin.
- Have the person sip water (if conscious).

[santeestrie.qc.ca/en/care-services/health-advice/
environnement-sains-securitaires/extreme-heat/](https://santeestrie.qc.ca/en/care-services/health-advice/environnement-sains-securitaires/extreme-heat/)

 [FACEBOOK.COM/DSPEstrie](https://facebook.com/DSPEstrie)

Centre intégré
universitaire de santé
et de services sociaux
de l'Estrie – Centre
hospitalier universitaire
de Sherbrooke

Québec 