

# Heat Stroke

Heat stroke is a serious condition that may cause damage to your vital organs such as the brain, kidney and liver. If not treated quickly, heat stroke can even cause death.

Heat stroke occurs when your body overheats. You may get heat stroke when working under the hot sun for long hours, especially if you come from a country with a cooler climate.



## Protecting yourself from heat stroke.

**Inform your supervisor immediately if you are unwell or experience any of the following symptoms:**

- Tiredness
- Confusion
- Drowsiness
- Headache
- Nausea
- Fainting

**If you notice your colleague getting heat stroke, immediately**



Move him to a shady or cooler area.



Loosen or remove his clothing.



Apply cool water to his skin and fan him.



Place ice packs under his armpits and groin area.



Quickly call 995 for an ambulance.

## Preventing heat stroke:

- Do not over-exert in your first 2 weeks of work, especially if you have just arrived from a cooler country. Give your body time to adjust to the hot climate.
- Wear loose-fitting and light coloured clothes when outdoors and work under the shade whenever possible.
- Drink lots of water - at least one glass (250ml) every 15-20 minutes and whenever needed to quench thirst.
- Work with a partner and look out for any early signs of heat stroke.
- If you are unwell, inform your supervisor and see a doctor.