

Heat Illness

Dehydration

Occurs when more water and fluids leave the body than enter it

Symptoms:

Feeling thirsty, headache and lethargy, dark yellow and strong-smelling pee

Treatment:

Hydrate before and throughout the physical activity, rest in cool and shaded area



Heat Exhaustion

Occurs when the body is dehydrated and is unable to regulate its internal temperature

Symptoms:

Feeling nauseous, excessive perspiration, muscle cramps, rise in body temperature

Treatment:

Rest in cool and shaded area, loosen clothes, sip water



Heat Stroke

Occurs when body overheats as a result of prolonged exposure to or physical exertion in high temperatures

Symptoms:

Vomiting, altered mental state or behaviour, temperature above 40°C

Treatment:

Rest in cool and shaded area, lower body temperature rapidly, evacuate to hospital immediately



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