

Heat Stress...

Know your facts...

1

Beware of heat exhaustion, heat cramps or heat stroke when you're involved in strenuous activity in environments of 32°C or above.

2

Take time to allow your body to adjust to high heat high humidity environments before exertion begins.

3

If you work in protective clothing and equipment, your chances of heat stress are greatly increased. In work environments of 27°C or above, experts recommend no employee spend more than 15 minutes of any 1 hour in an impervious suit unless cooling has been provided or the employee is wearing a heat stress monitor.

4

Don't depend on thirst or sweat as an indicator of escalating body heat. Thirst is not always a dependable gauge and sweat may evaporate quickly, especially in dry heat environments. Instead, be aware of the temperature and humidity, and drink fluids with electrolytes at regular intervals

5

Know the symptoms of heat stroke, heat exhaustion and heat cramps and respond quickly

6

Remember, it is much easier to prevent heat stress injuries than to recover from them. Be aware of the environment in which you work and drink fluids with electrolytes on a regular basis throughout the work day.

HEAT ILLNESS INDICATORS

Heat Stroke

Fatigue, Confusion, Collapse, Unconsciousness

Response

Seek medical attention immediately and cool the body down as quickly as possible

Heat Exhaustion

Fatigue, confusion, clammy skin, nausea, low blood pressure, rapid pulse, fainting

Response

Stop exertion, move to cooler place and drink plenty of fluids with electrolytes

Heat Cramps

Fatigue, confusion, painful muscle spasms in the arms, legs or abdominal areas

Response

Stop exertion, move to cooler place and drink plenty of fluids with electrolytes

This safety information is provided by Pryme Australia Pty Ltd as a public service to industry and the industry worker

HEAT INDEX GRAPH

How to use this heat index graph

1 Across the top, locate today's predicted max. temperature

2 Down the left, locate today's predicted humidity

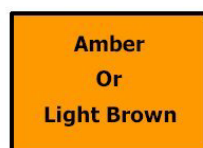
3 Follow across & down to find the Apparent Temperature

	21°	24°	27°	30°	32°	35°	38°	41°	43°	
0%	17°	20°	23°	26°	28°	31°	33°	35°	37°	Heat Index 32° - 38° Sunstroke, heat cramps and heat exhaustion are possible with prolonged exposure and physical activity.
10%	18°	21°	24°	27°	29°	32°	35°	38°	41°	
20%	19°	22°	25°	28°	31°	34°	37°	41°	44°	
30%	19°	23°	26°	29°	32°	36°	40°	45°	51°	Heat Index 40° - 54° Sun stroke, heat cramps and heat exhaustion likely. Heat stroke is possible with prolonged exposure and physical activity
40%	20°	23°	26°	30°	32°	38°	43°	50°	58°	
50%	20°	24°	27°	31°	36°	42°	49°	57°	66°	Heat Index 55° or higher Heat stroke or sun stroke imminent
60%	21°	24°	28°	32°	38°	46°	56°	65°		
70%	21°	25°	29°	34°	41°	51°	62°			
80%	22°	26°	30°	36°	45°	58°	69°			
90%	22°	26°	31°	39°	50°	66°	77°			
100%	22°	27°	33°	42°	56°	74°				

PREVENTION IS THE FIRST STEP IN MANAGING HEAT STRESS

Pryme Australia has electrolyte products to help workers maintain normal body temperature, prevent dehydration, muscle fatigue, and replace lost fluids. Having these products on hand and helping your employees recognise the signs of exhaustion, is key to managing heat stress. Proper intake of Sqwincher® electrolyte replacement drinks can balance a worker's energy level and increase productivity. Your Pryme representative can provide you with pricing as well as answer your questions about heat stress issues and other cooling products.

URINE COLOUR CHART FOR SIGNS OF DEHYDRATION



DEHYDRATING
Urgent!
Drink more water



BORDERLINE
Drink more water



GOOD
Sufficient water intake