Refer to the Heat Stress Risk Assessment Technical Guide for information on how to use this poster.

Add your logo here!

**HEAT STRESS**

**WARNING**

**Today’s Date \_\_\_\_\_\_\_\_\_\_ Today’s Humidex is \_\_\_\_\_\_\_\_\_\_**

**Time when Humidex was last measured \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Contact \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for more information**

|  |  |
| --- | --- |
| **TAKE ACTION**   * **Drink extra water** * **Regular monitoring of the humidex (temperature and relative humidity) will occur - your supervisor will notify you of changes in procedures when appropriate** * **Look out for the signs or symptoms of heat stress in yourself and others:** | |
| * **Red, bumpy rash with itching** * **Sudden cramping in arms, legs, or stomach** * **Feeling faint** * **High body temperature** | * **Nausea or vomiting** * **Feeling weak, confused** * **Headache or dizziness** |
|  |  |