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:**
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| * **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**
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