

# Survive the Heat

Heat-related illness can escalate quickly, even in healthy individuals. Recognising early warning signs can prevent serious complications and save lives.



## What Is Heat Stress?

Heat stress occurs when the body cannot cool itself effectively, causing internal temperature to rise. It can lead to heat exhaustion or even life-threatening heat stroke.

## What Causes Heat Stress?

Common causes of heat stress include working or exercising in hot, humid conditions, wearing heavy or non-breathable clothing, poor ventilation, dehydration, and prolonged exposure to direct sunlight.

### EARLY SIGNS OF HEAT STRESS



SWEATING HEAVILY



FEELING DIZZY OR LIGHTEADED



NAUSEA OR VOMITING



MUSCLE CRAMPS OR SPASMS



FATIGUE OR WEAKNESS



HEADACHE



THIRST AND DRY MOUTH



REDUCED URINATION (DARK OR MINIMAL OUTPUT)

## COMMON SYMPTOMS

### HEAT EXHAUSTION

- Heavy sweating
- Pale or clammy skin
- Nausea or fainting
- Weak pulse or fast heartbeat
- Cool, moist skin with goosebumps (in the heat)
- Muscle cramps
- Tiredness or dizziness



### HEAT STROKE

- Confusion, disorientation, or slurred speech
- Rapid breathing or heartbeat
  - Seizures
- No sweating despite hot conditions
  - Hot, red, dry skin
  - Loss of consciousness
- High body temperature (over 40°C)

### WHAT TO DO

1. Move to a cool place (shaded or air-conditioned)
2. Lie down and rest with legs supported
3. Sip water slowly or try oral rehydration solutions
4. Call for help if symptoms worsen
5. Apply cool, damp cloths or take a cool shower
6. Loosen clothing and remove excess layers
7. Stay with the person until fully recovered

### WHAT TO DO

1. Call Triple Zero (000) immediately
2. Move the person to a cool area
3. Place cool, wet cloths on neck, armpits, groin
4. Use fans or cool misting if available
5. Do not give fluids if unconscious
6. Stay until emergency services arrive

INS LifeGuard personal alarms support seniors, people living alone, those with disabilities, chronic conditions, lone workers, parents, and anyone who wants peace of mind. Press the button on your device 24/7 for nurse advice, clinical support, reassurance, or emergency help.