



HEALTH, SAFETY AND EMERGENCY MANAGEMENT

Promoting a safer place to work and study

HSEM BULLETIN

Heat Stress

Who needs to read this?

All Curtin University Staff, Students and Contractors

Background

Heat stress occurs when your body cannot cool itself enough to maintain a health temperature.

When working outdoors in the summer months your risk of experiencing heat stress is increased.

Information

Signs and symptoms of heat stress include:

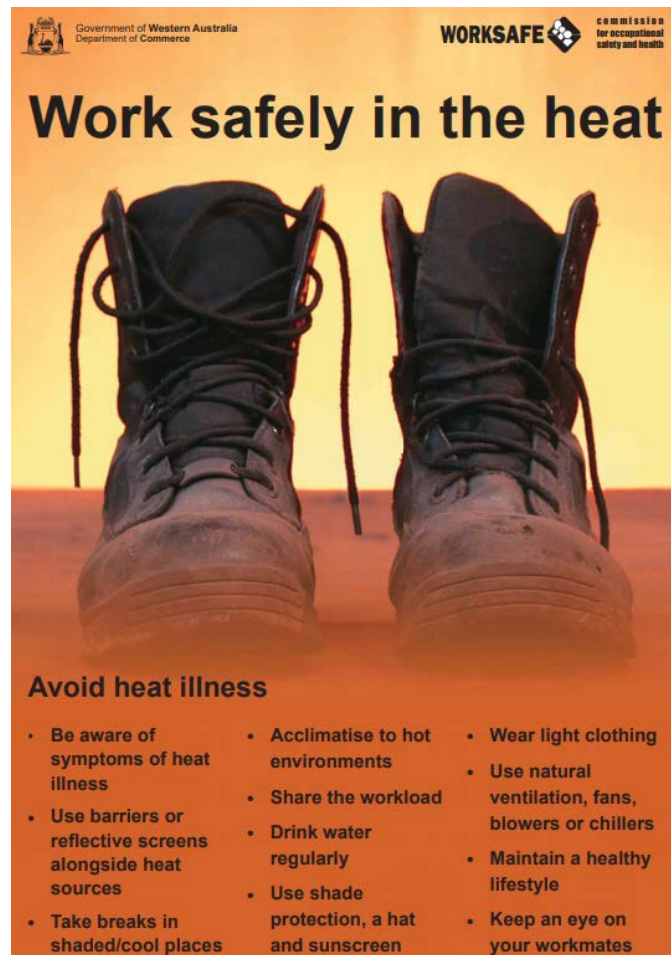
- Tiredness
- Feeling faint
- Excess sweating or not sweating
- Headache
- Muscle cramps
- Dark urine & urinating less
- Dizziness
- Feeling thirsty
- Pale skin

In addition to the above signs and symptoms the following may occur, which is the onset of Heatstroke:

- Extreme thirst
- Convulsions
- Nausea & vomiting
- High body temp
- Slurred speech
- Aggression or strange behaviour
- Dry, red hot skin
- Rapid heart rate
- Confusion or delirium

**If you experience any symptoms of Heatstroke immediately dial triple zero (000)
– Heatstroke is an extreme medical emergency!**

Recommendations



Who do we call with questions?

If you have any queries, please contact Health, Safety and Emergency Management on 9266 4900 or email healthandsafety@curtin.edu.au.

References

<https://www.commerce.wa.gov.au/worksafe/working-safely-hot-conditions>

https://healthywa.wa.gov.au/Articles/F_I/Heat-stress

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