Take the Heat Seriously

BEAT THE HEAT!

The effects of heat to our body range from simple discomfort to life-threatening illnesses such as heat stress/stroke.

Heat stress causes increased sweating which leads to loss of body fluid and then reduced heat tolerance. This results in reduced capacity for work, inefficiency and increased risk of hazardous incidents.

Heat stroke, is a rarer condition, which happen when sweating stops and body heat rises. This can be a life threatening condition, which requires immediate medical attention. Heat stress hazards can occur through, high temperatures, high humidity, lack of air movement, unsuitable clothing, physical activity, and radiant temperature of surroundings.

Warning signs of heat stress are tiredness, headache, nausea, loss of concentration, muscle cramps, dizziness.

Consider ways of minimising or eliminating the risks. MAKE THE CHANGES by the following text and pictures

DRIVER

HEAT STRESS CAN KILL:

- Be Sun Safe and Sensible! Drink a lot of Fluid.
- You may not immediately see the effect of overexposure to the sun.
- Catch the rays before they catch you -Apply Sunscreen!
- Cover up with a wide hat or visors and always be sure to wear your sunglasses when outdoors.
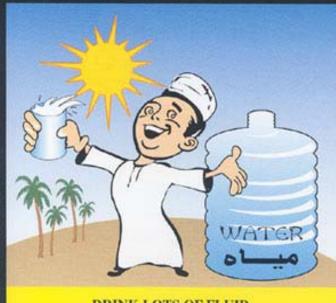- If tired, stop and rest.

VEHICLE

WHEN PARKED AVOID THE HEAT WAVE IN YOUR CAR:

- Sunshades, keep the inside of your vehicle surface temperature up to 8°C cooler.
- Opening the car windows about 1cm reduces further 3 to 8°C.

TYRES

YOUR LIFE COULD BE DEPENDANT UPON THE CONDITION OF YOUR TYRES:

- Examine your tyres regularly for excessive wear or damage.
- Check the air pressure as per the manufacturer's recommendations in all your tyres, including spare.
- Check the oil and fluid levels regularly in your car.