



Safety Message of the Day for IMEA Members



Heat Disorders - Heat Exhaustion Safety Message

During the summer, we must all take precautions to ensure our bodies don't get over heated.

Heat exhaustion is a condition whose symptoms may include heavy sweating and a rapid pulse, a result of your body overheating. It's one of three heat-related syndromes, with heat cramps being the mildest and heatstroke being the most severe.

Warning signs of heat exhaustion include:

1. Headaches, dizziness, lightheadedness or fainting.
2. Weakness and moist skin.
3. Mood changes such as irritability or confusion
4. Upset stomach or vomiting.
5. Heavy sweating

Your skin may feel hot and moist and appear flushed.