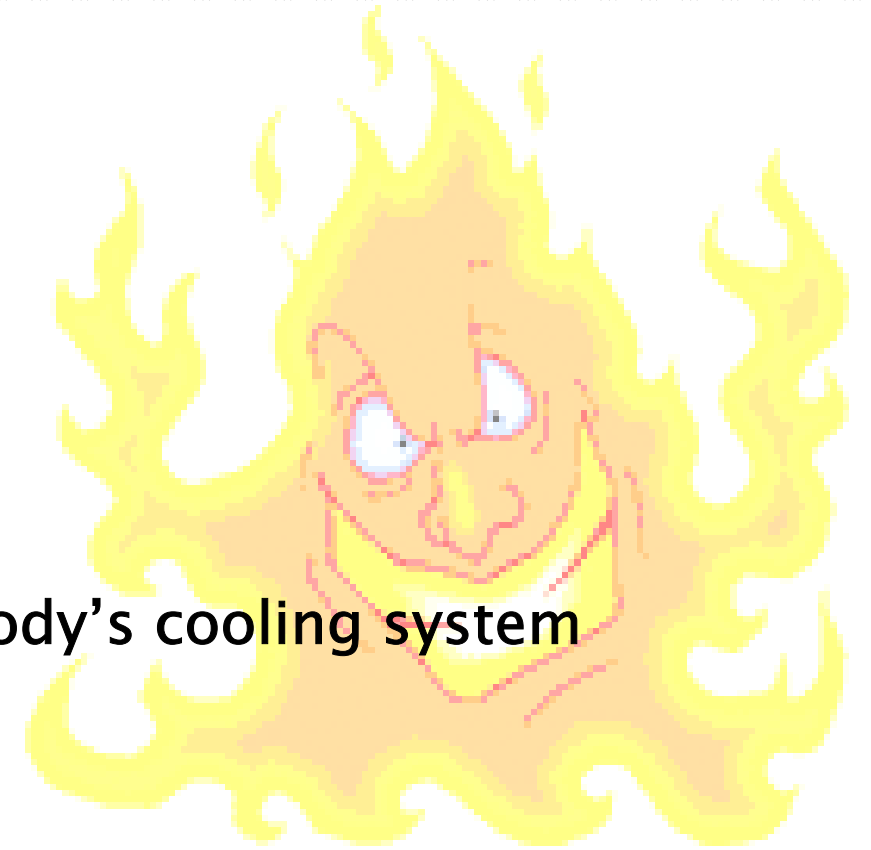


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Heat stress



- Heat stress can be identified as placing pressure on the human body's cooling system

Ways to prevent heat stress

- Replace lost fluid every 15–20 mins in hot conditions
- Work in the shade
- Schedule heavy work for cooler parts of the day
- Take regular rest breaks



Dehydration

- **Dehydration** occurs when the fluid levels in your body get too low

Ways to prevent dehydration

- Don't wait until you're thirsty to have a drink
- Drink 200mL of water every 30min on hot days
- Limit consumption of tea, coffee, alcohol & soft drinks

Acclimatisation is the body's ability to adjust to certain conditions after a period of time.

Acclimatisation

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INITIALLY	AFTER ACCLIMATISATION
Increased sweating	Reduced heat discomfort
Increased hunger	Increased sweating effectiveness
Increased fatigue	Lower salt loss through sweat
Decreased concentration	Better recovery through sleep and rest

