



Occupational Health and Safety Health Effects of Heat Stress



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Heat Stroke	<p>Heat stroke is a medical emergency. It occurs when the body's system of temperature regulation fails and body temperatures rise to critical levels. This condition is caused by a combination of highly variable factors and is difficult to predict. Primary signs and symptoms of heat stroke are confusion, irrational behaviour, loss of consciousness, convulsions, hot dry skin, lack of sweating (usually), and an abnormally high body temperature. If body temperature is too high it can cause death. The elevated metabolic temperatures caused by a combination of work load and environmental heat load are also highly variable and difficult to predict.</p> <p>Seek medical attention immediately</p>
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For treatment of these conditions, see the topic below: First Aid Treatment of Heat Stress.

Further information on heat stress topics is available on the Saint Mary's University OHS Site: <http://www.smu.ca/administration/ohs/>

Saint Mary's Heat Stress Guidelines Policy

Occupational Health and Safety: Thermal Comfort and Heat Stress

Occupational Health and Safety: Heat Stress Alert Notice

Occupational Health and Safety: Indoor Heat Stress Warning Notice

Occupational Health and Safety: Outdoor Heat Stress Warning Notice

Occupational Health and Safety: First Aid Treatment of Heat Stress