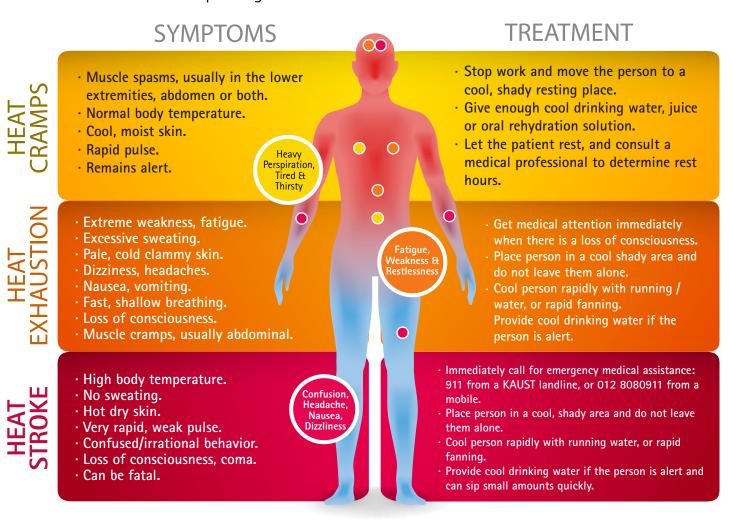
Heat Illness



Exposure to heat can cause illness and death. The most serious heat illness is heat stroke. Other heat illnesses, such as heat exhaustion, heat cramps and heat rash, should also be avoided. Typical symptoms and treatment guidelines for the more serious conditions of Heat Stroke, Heat Exhaustion and Heat Cramps are given here:



Prevent Heat Illness:



Work in the shade for outdoor activities. Avoid direct sun.



Provision of cool water. Drink plenty of water to avoid dehydration.

Drink before thirsty.



Modify work schedules and arrange frequent rest periods.



Wear light weight, light colored, loose fitting clothes and use caps and UV protection glasses for outdoor activities.



Use AC/ industrial fans to cool and improve air flow.



Rest, rehydrate and recover. Take frequent breaks form the sun and heat.

Heat stroke is a medical emergency.

Please Call 911 from KAUST landline or 012-8080911 from mobile immediately.