

# What is Heat Stress?

Stay Cool like  
the Fonz



We need a constant body temperature to stay healthy. Working in high temperatures induces heat stress, but there are ways you can prevent it from causing damage.

## What helps to prevent heat stress?

- Have regular rest breaks
- Drink Plenty of Water
- Acclimatise to the Heat
- Wear Protective Clothing

*pilbara health*

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