

# Preventing heat stress

Stay Cool like  
the Fonz



Heat illness can quickly escalate into a heat stroke, which can be fatal. So don't take any chances - learn what to do in an emergency!

What should I do if someone has heat illness?

1. Take the sufferer to a cooler area (for example, an air-conditioned shed or vehicle).
2. Then remove excess clothing (hard hat, boots, shirt).
3. Give water to drink, if conscious.
4. Allow the person to rest if they are suffering from heat exhaustion
5. Contact your Emergency Medical Officer or dial 000.

*pilbara health*

<http://pilbarahealth.riotinto.com>