



# Protecting Yourself from Heat Stress



## ? What is Heat Stress?

Heat stress happens when your body becomes too hot and cannot cool down sufficiently due to heat, dehydration, or physical activity.

### Common Causes:

Working under the sun

Spending long time outdoors

Staying in hot or poorly ventilated spaces

## Why it Matters

Heat stress is a growing health risk in Singapore. It can affect your health if overlooked and cause...



Heat Cramps



Heat Exhaustion



Heat Stroke

## What to Do

(1) Do not ignore the symptoms.

(2) Act quickly.

- Move to a cool or shaded place
- Remove excess clothing
- Cool the body (fan, wet cloth)
- Give small sips of water (if conscious)

**Do not leave a person suffering from symptoms alone.**

(3) Seek medical attention immediately if:

- Person is confused or unconscious
- Skin is very hot and dry
- Symptoms are severe or do not improve



## Look Out For Symptoms

### Common symptoms:



Heavy sweating



Muscle cramps



Feeling very tired / weak



Dizziness / headache



Nausea or vomiting



### Critical Symptoms:

- Very hot and dry skin
- Confusion or unusual behaviour
- Unconsciousness or fainting



Seek medical attention immediately

## Higher Risk Groups



Elderly



Young Children



Pregnant Women



People with pre-existing health conditions



Outdoor Workers

## Need help or more info?

Singapore Red Cross	6277 2977
Ministry of Social and Family Development (for Disability Service Providers)	1800-222-0000
Early Childhood Development Agency (for Children)	6735 9213
Ministry of Education (for Students)	6872 2220
Ministry of Manpower (for Outdoor Workers)	6438 5122
Ministry of Health (Medical/Health Support)	6325 9220
my ENV app	check heat level
haze.gov.sg	for health advisory

