Heat stroke is the most serious. It can damage the heart, kidneys, and liver, and can result in death.

Primary factors contributing to heat stress:

- **Environment**: Air temperature, humidity, the sun
- **Worker**: Hydration, clothing, medical conditions, acclimatization (how your body copes with a hot environment)
- **Work**: The amount of work done and how much effort it takes to complete the work

Know your risk:

- Lack of acclimatization (how your body copes with a hot environment)
- Poor physical fitness or an unhealthy weight
- Age
- Flu, lack of sleep, and other minor illnesses
- Reoccurring skin disorders (rashes, dermatitis, etc.)
- Caffeine, drugs, and alcohol can cause dehydration
- Previous heat stroke
- Pre-existing medical conditions - diabetes, heart disease, among others
- Use of some medications

Use these six simple steps to protect yourself:

1. Know the signs and symptoms of heat stress
2. Watch out for symptoms in yourself and others
3. Wear sunscreen, a hat, and lightweight, loose-fitting clothing
4. Drink water often - avoid drinks with alcohol and caffeine
5. Take breaks in the shade and more often on hot days
6. Know how your workplace deals with heat stress

Contact sunsafetyatwork@ryerson.ca for more information.

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