# Heat Stress Safety Topic




This section addresses general awareness, symptoms, and prevention of heat stress in the workplace.

**General**

Heat exhaustion can occur to an individual that is subjected to hot environments/high temperatures and fail to consume enough fluids or salts. Heat exhaustion is a serious issue as it can possibly lead to heat stroke – a life-threatening condition. Heatstroke happens when the individual’s body is unable or fails to regulate its core temperature. It is then that the human body can no longer cool itself through perspiration and is unable to rid excess heat. Employees working in hot environments must be aware of and recognize symptoms of heat stress disorder…