

PROTECT YOUR WORKERS FROM HEAT STRESS

Working in high temperature & high humidity can lead to serious illness

HEAT STRESS

Heat rash
Muscle cramps
Severe thirst

TREATMENT

Sit in the shade
Reduce workrate
Drink water

30%+
Humidity
80°F
26.7°C

HEAT EXHAUSTION

Nausea & vomiting
Cold clammy skin
Headache

TREATMENT

Lay victim in
a cool place
Apply wet cloth
Fan or seek aircon

40%+
Humidity
85°F
29.4°C

TREATMENT

Hot dry skin
Convulsions
Loss of
consciousness

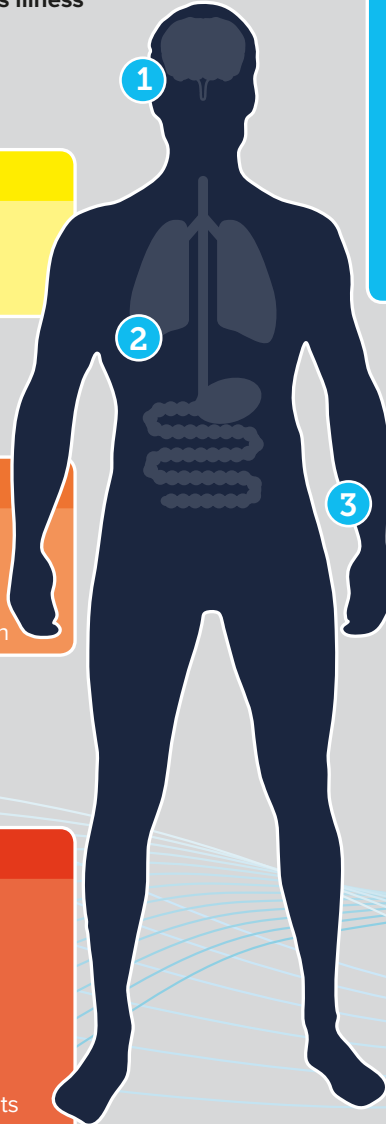
HEAT STROKE

SEEK MEDICAL
ASSISTANCE
Meanwhile...
Check airways/
breathing if
unconscious
Wrap in wet sheets
Recovery position
Remove outer clothing

60%+
Humidity
95°F
37.8°C

Techniche is a manufacturer of cooling clothing that can assist in the reduction of thermal skin temperature.

The UK's HSE recommends using specialised personal cooling systems or cooling fabrics.



1 HEAD & NECK COOLERS
TARGET EXPOSED SKIN

2 COOLING VESTS
TARGET VITAL ORGANS

3 WRIST WRAPS
TARGET MAJOR BLOOD FLOW