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

30%+ Humidity

80°F 26.7°C

TREATMENT

Sit in the shade

Reduce workrate

Drink water

HEAT EXHAUSTION

Nausea & vomiting

Cold clammy skin

Headache

40%+ Humidity

85°F 29.4°C

TREATMENT

Lay victim in a cool place

Apply wet cloth

Fan or seek aircon

HEAT STROKE

Hot dry skin

Convulsions

Loss of consciousness

60%+ Humidity

95°F 37.8°C

TREATMENT

SEEK MEDICAL ASSISTANCE

Meanwhile...

Check airways/ breathing if unconscious

Wrap in wet sheets

Recovery position

Remove outer clothing

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

TECHNICHE

Stay cool. Stay safe.

www.techniche-europe.com