

HSE MANAGERS

Have you done
EVERYTHING you
can do to prevent
heat stress?

Think again.



Cooling Workwear



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

HEAT EXHAUSTION

Nausea & vomiting
Cold clammy skin
Headache

TREATMENT

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

HEAT STROKE

Hot dry skin
Convulsions
Loss of consciousness

TREATMENT

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



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

Stay cool. Stay safe.

30%+
Humidity
80°F
26.7°C

40%+
Humidity
85°F
29.4°C

60%+
Humidity
95°F
37.8°C