



# Safety factsheet: Heat Stress

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## What is Heat Stress?

Heat stress occurs when your body can't cool itself fast enough. It can lead to heat exhaustion or heat stroke, a life-threatening emergency.

## Recognise warning signs:

- ✓ Dizziness or confusion
- ✓ Nausea or vomiting
- ✓ Heavy sweating or no sweating
- ✓ Rapid heartbeat
- ✓ Hot, flushed, or clammy skin
- ✓ Slurred speech; collapse or fainting



## Suggested workplace adjustments to deal with heat stress:

Here are some easy changes you can make around the workplace to beat the heat:

- ✓ Increase ventilation / fans in your work environment
- ✓ If outdoor activities are scheduled, ensure that adequate shade is provided.
- ✓ In consultation with your workers/volunteers, offer cooling solutions (e.g. cooling towels or gel packs for personal use during hot weather).
- ✓ Schedule hot work activities during cooler periods of the day.
- ✓ Rotate tasks between workers/volunteers and allow self-paced work
- ✓ Monitor your local heat forecasts & alerts.
- ✓ Provide electrolytes during physically demanding activities.
- ✓ Wear light, breathable clothes and avoid heavy gear.

## What to do if you or someone shows heat stress symptoms?

1. Stop working immediately
2. Move to shaded/cool area. Cool with water, fans, cold packs
3. **Call 000** if heat stroke is suspected - **Heatstroke requires immediate first aid and medical attention**
4. Report any near misses or safety incidents through the UCAQ's [online system](#) (Protech), or contact us at [Health.Safety@ucaqld.com.au](mailto:Health.Safety@ucaqld.com.au)

**REMEMBER: Heat stress is preventable — early action saves lives!**

More resources available on Safework Australia [Managing risks of working in heat fact sheet](#) | [Safe Work Australia](#)