

HSE ADVICE

Prevent Heat Stress in Extreme Environments

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Main Heat Stress Risks



Heatstroke

body temp > 40°C, up to 50% mortality



Dehydration

-20-30% performance loss



Heat fatigue

lower attention, higher accident risk



Critical window

11am-4pm

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Field Prevention Measures



Hydrate

150–250 ml every 15–20 min



Shade breaks

every hour



Avoid heavy work

between 11am–4pm



Watch signs

headache, dizziness, nausea



Adapt Equipment

Wear light, protective clothing



**Learn more
about heat stress**

www.altea-energy.com/blog

