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HEAT RELATED ILLNESS EDUCATION

Health and Safety Services have released a new educational video – ***Don't Let Heat Stress Bring You Down.***

This resource explains how to identify the signs and symptoms of heat related illness in yourself and others, particularly when wearing PPE during operational activities.

When not managed effectively heat related illness has the potential to cause significant injury. It is important you take immediate action to reduce the risk of injury and report any occurrence to your supervisor.

Access the video on the DFES YouTube channel through the following link:

[Don't Let Heat Stress Bring You Down.](#)

If the above link won't load, please try watching the lower resolution version here: [Don't Let Heat Stress Bring You Down – Low Res.](#) This video will also be available on your station server if you're at a Fire Station under the folder, *Fire Safety Videos*.

If you have any questions, please contact the Health and Safety Services team on hss@dfes.wa.gov.au or 9395 9389.

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