

**OVERHEATED?  
STIFF MUSCLES?  
JAW CLENCHING?  
CONFUSED?  
DIFFICULTY WALKING?  
REALLY ANXIOUS?**

**GET HELP  
FAST**

**These are all signs you or your mates  
have overdone it.**

**STAY  
OK**

[stayok.nsw.gov.au](http://stayok.nsw.gov.au)







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