

HEAT ILLNESS

When the body is unable to cool itself by sweating, several heat-induced illnesses such as heat stress or heat exhaustion and the more severe heat stroke can occur, and can result in death.

Risk Factors for Heat Illness

- High temperature and humidity, direct sun exposure, no breeze or wind
- Low liquid intake
- Heavy physical labor
- Waterproof clothing
- No recent exposure to hot workplaces (acclimation)



Symptoms of Heat Exhaustion

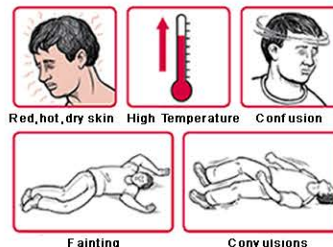
- Headache, dizziness, or fainting
- Weakness and wet skin
- Muscle Cramps
- Irritability or confusion
- Thirst, nausea, or vomiting

SEE SET MEDIC OR CALL 911 IMMEDIATELY

Symptoms of Heat Stroke

- May be confused, unable to think clearly, pass out, collapse, or have seizures (fits)
- May stop sweating

CALL 911 IMMEDIATELY



How You Can Protect Yourself and Others

- Know signs/symptoms of heat illnesses; monitor yourself; use a buddy system.
- Block out direct sun and other heat sources.
- Drink plenty of fluids. Drink often and **BEFORE** you are thirsty.
- Drink 8 ounces of water every 15 minutes.
- Avoid beverages that contain alcohol or caffeine.
- Wear lightweight, light colored, loose-fitting clothes.

What to Do When a Worker Has Heat Illness

- Call Set Medic or Supervisor for help. If not available, **call 911**.
- Have someone stay with the worker until help arrives.
- Move worker to a cooler/shaded area.
- Remove the worker's outer clothing.
- Fan and mist the worker with water; apply ice bags or ice towels.
- Provide cool drinking water, if worker is able to drink.



IF THE WORKER IS NOT ALERT OR SEEMS CONFUSED, THIS MAY BE A HEAT STROKE. CALL 911 IMMEDIATELY AND APPLY ICE AS SOON AS POSSIBLE.