

# 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. Heat stroke can result in death if not treated immediately.

## Environmental Risk Factors:

Working conditions that create the possibility that Heat Illness could occur. Includes air temperature, relative humidity, radiant heat from the sun and other sources, conductive heat sources such as the ground, air movement, workload severity and duration, protective clothing and personal protective equipment worn by employees.

## Personal Risk Factors:

Factors such as an individual's age, degree of acclimatization, health, water consumption, alcohol consumption, caffeine consumption, and use of prescription medications that affect the body's water retention or other physiological responses to the heat.

## Symptoms of Heat Exhaustion

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

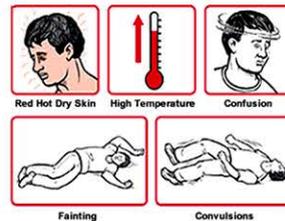
**SEE MEDIC OR CALL 911 IMMEDIATELY**



## Symptoms of Heat Stroke

- May be confused, unable to think clearly.
- May 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 Medic or Supervisor for help. If not available, **CALL 911**.
- Have someone stay with the worker until help arrives.
- Move worker to 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 the worker is able to drink.



**IF THE WORKER IS NOT ALERT OR SEEMS CONFUSED, THIS MAY BE A HEAT STROKE. CALL 911 IMMEDIATELY.**