

Heat Illness

As temperatures climb, it is increasingly important to understand and recognize the signs of heat illness, which occurs when a person's body temperature rises to an unsafe level. While potentially fatal, there are steps you can take to lessen the risks.

Signs of Heat Illness

Two of the more serious forms of heat illness are heat exhaustion and heat stroke.

Some signs of heat exhaustion are:

- Moist, clammy skin with heavy sweating
- Dizziness, headache, fainting, nausea, and/or vomiting
- Fast, weak pulse and fast, shallow breathing

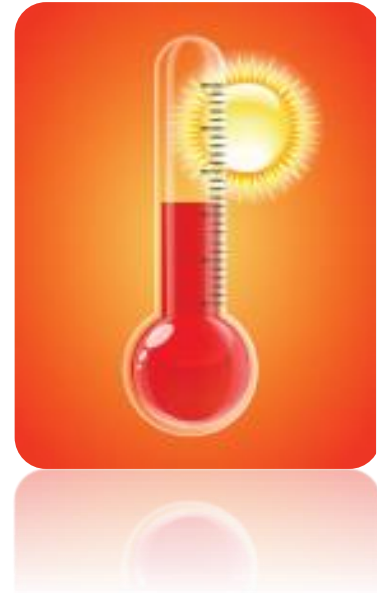
Some signs of heat stroke are:

- Dry, hot skin with no sweating, and very high body temperature (103 degrees or higher)
- Throbbing headache, confusion, dizziness, nausea, and/or loss of consciousness
- Rapid, strong pulse

If someone displays the above symptoms, cool them down as quickly as you can by using cool water, cold compresses, etc. If symptoms persist, call 911.

Ways to Prevent Heat Illness

- Provide shade and cool drinking water at all times, and encourage frequent drinking.
- Limit the consumption of caffeine, as this can lead to dehydration.
- Consider holding lunch and recess breaks indoors when temperatures reach extremes.
- Take breaks during athletic activities to allow participants to cool down.



Heat-related Illnesses and First Aid

Symptoms and first aid measures to take if an employee shows signs of a heat-related illness.

	Symptoms	First-Aid*
Heat Stroke	<ul style="list-style-type: none"> • Confusion • Fainting • Seizures • Excessive sweating or red, hot, dry skin • Very high body temperature 	<p>Call 911</p> <p><i>While waiting for help:</i></p> <ul style="list-style-type: none"> • Place worker in shady, cool area • Loosen clothing, remove outer clothing • Fan air on worker; cold packs in armpits • Wet worker with cool water; apply ice packs, cool compresses, or ice if available • Provide fluids (preferably water), as soon as possible • Stay with worker until help arrives.
Heat Exhaustion	<ul style="list-style-type: none"> • Cool, moist skin • Heavy sweating • Headache • Nausea or vomiting • Dizziness • Light headedness • Weakness • Thirst • Irritability • Fast heart beat 	<ul style="list-style-type: none"> • Have worker sit or lie down in a cool, shady area • Give worker plenty of water or other cool beverages to drink • Cool worker with cold compresses/ice packs • Take to clinic or emergency room for medical evaluation or treatment if signs or symptoms worsen or do not improve within 60 minutes. • Do not return to work that day
Heat Cramps	<ul style="list-style-type: none"> • Muscle spasms • Pain - usually in abdomen, arms or legs 	<ul style="list-style-type: none"> • Have worker rest in shady, cool area • Worker should drink water or other cool beverages • Wait a few hours before allowing worker to return to strenuous work • Have worker seek medical attention if cramps don't go away
Heat Rash	<ul style="list-style-type: none"> • Clusters of red bumps on skin • Often appears on neck, upper chest, folds of skin 	<ul style="list-style-type: none"> • Try to work in a cooler, less humid environment when possible • Keep the affected area dry

*Unless you are a medical professional; use this information as a guide only

Source: https://www.osha.gov/SLTC/heatstress/heat_illnesses.html