

Heat-Related Illnesses... What To Do!

Heat Stroke - CALL 911!

Symptoms

- High body temperature (103°F or higher)
- Hot, red, dry, or damp skin
- Fast, strong pulse
- Headache
- Dizziness
- Nausea
- Confusion
- Losing consciousness (passing out)
- FATAL if treatment delayed

What to Do

- Call 911 right away & notify your supervisor
-heat stroke is a medical emergency
- Move the worker to a cooler place
- Circulate the air around the worker to speed cooling.
- Place cold wet cloths or ice on head, neck, armpits, and groin; or soak the clothing with cool water.
- **DO NOT** give the worker anything to drink

Heat Exhaustion

Symptoms

- Heavy sweating
- Cold, pale, and clammy skin
- Fast, weak pulse
- Nausea or vomiting
- Muscle cramps
- Tiredness or weakness
- Dizziness
- Headache
- Fainting (passing out)

What to Do

- Move worker to a cool place
- Loosen clothes
- Put cool, wet cloths on worker's body or take a cool bath
- Sip water

Get medical help right away if:

- Worker is throwing up
- Worker's symptoms get worse
- Worker's symptoms last longer than 1 hour, otherwise

Heat Cramps

Symptoms

- Heavy sweating during intense exercise
- Muscle cramps, pain, or spasms in the abdomen, arms, or legs

What to Do

- Stop physical activity and move to a cool place
- Drink water or a sports drink
- Wait for cramps to go away before you do any more physical activity

Get medical help right away if:

- Cramps last longer than 1 hour
- You're on a low-sodium diet
- You have heart problems

Source: cdc.gov/niosh/topics/heatstress/heatrelillness.html