

## STEPS TO PREVENTING HEAT ILLNESS



### 5 Main Types of Heat Illness

1. Heat Rash (red clusters, pimples, or small blisters)
2. Heat Cramps (painful muscle spasms)
3. Fainting
4. Heat Exhaustion
5. Heat Stroke - The most severe, can result in death!

### Environmental Factors

1. Air temperature above 80 degrees
2. Relative humidity, radiant heat, conductive heat, air movement, and direct sunlight

Heat Illness occurs when the body is unable to cool itself properly and becomes out of balance.

### General Symptoms

1. Heavy Sweating
2. Throbbing Headache  
Dizziness/Fainting
3. Muscle Cramps/Fatigue
4. Clammy Cool, and/or Moist Skin
5. Fast and Weak Pulse
6. Nausea or Vomiting -  
STATE OF CONFUSION



**Water  
Rest Periods  
Shade**

**Heat  
Illness  
can be  
prevented**

# STEPS TO PREVENTING HEAT ILLNESS



## Protect Yourself & Watch for your Co-workers

### What to do

Notify Supervision to contact **Emergency Services IMMEDIATELY** if you or any of your co-workers **VOMITS MORE THAN ONCE** or have any **GENERAL SYMPTOMS** of heat illness.

### While waiting for help

- Move the worker to a cooler, environment preferably a well air-conditioned room.
- Loosen or remove heavy clothing.
- Offer sips of Cool drinking water.
- Apply cool wet cloths.
- Put ice packs in the groin or underarm areas.
- Provide First Aid.

1. **Drink plenty of water - even if you are not thirsty.**
2. **Rest in Shade that is sufficient to reduce your body temperature.**
3. **Wear a hat and lightweight, light, colored, loose-fitting clothes.**
4. **Avoid Sugary drinks, alcohol, or energy drinks. These can cause dehydration and make it more dangerous for you to work in the heat and cause stomach cramps.**
5. **Take preventative Cool-down rest periods when you feel it is necessary to prevent from overheating.**

