

HEAT ILLNESSES

Many people are not aware of the risks of heat stress on their body. Heat-induced illnesses and even death can occur when the body is unable to cool itself by sweating.

Heat Illness Factors

- Age
- Weight
- Metabolism
- Medical Conditions
- Degree of Physical Fitness
- Use of Alcohol or Drugs
- Type of Clothing



HEAT RASH

Cause

- Plugged sweat glands
- Hot humid environment

Symptoms

- Red bumpy rash with severe itching

Treatment

- Change into dry clothes
- Avoid hot environments
- Rinse skin with cool water

HEAT CRAMPS

Cause

- Heavy sweating resulting in loss of body salt

Symptoms

- Painful cramps in arms, legs or stomach which can occur suddenly or later

Treatment

- Move to a cool area
- Loosen clothing
- Drink cool salted water or sports drink with electrolytes



HEAT CRAMP WARNING

Heat cramps are serious. They can be a warning of more dangerous heat-induced illnesses. Seek medical help if they are severe or won't go away!

HEAT EXHAUSTION

Cause

- Fluid Loss—not enough water intake causes the body's cooling system to break down

Treatment

- GET MEDICAL AID! This condition can lead to heat stroke, which can be fatal
- Move to a cool shaded area
- Loosen or remove excess clothing
- Drink cool water
- Fan or spray with cool water

Symptoms

- Heavy Sweating
- Cool moist skin
- Weak pulse
- Normal or low blood pressure
- Tired and weak
- Nausea and vomiting
- Very thirsty, panting, or breathing rapidly

HEAT STROKE

Cause

- Body uses up all water and salt reserves
- Body stops sweating, body temperature to rise
- May develop suddenly or following heat exhaustion

Symptoms

- High body temp and weakness
- Confusion
- Upset or acting strangely
- Hot/dry red skin
- Fast pulse, headache or dizziness



Later stages

Treatment

- ***CALL 911! This condition can kill a person quickly!***
- Remove excess clothing
- Fan/spray with cool water and offer sips of water if the person is conscious



Prevention

- Drink plenty of fluids
(16-32 oz. of cool water each hour)
- Take frequent breaks
(cool shaded areas blocking direct sunlight)
- Wear proper clothing
(loose-fitting, lightweight, light-colored fabrics, wide-brimmed hat)

GENERAL PREVENTION

Acclimate

- Takes 7-10 days to get used to working in a hot environment
- Slowly build up tolerance to heat and work activity

Perform heaviest work in coolest part of day

Eat light during workday

Stay in shape

Work in pairs

CONCLUSION

- **Understand the risks of heat stress**
- **Practice preventative measures to help protect yourself and others around you**
- **Immediately report symptoms or signs to your employer**

