

Heat Related Illnesses

Heat Cramps

Signs:

Muscle Cramps—pain or spasms in the abdomen, arms, or legs

Treatment:

Drink water and have a snack or a drink that replaces carbohydrates and electrolytes; Rest

Heat Exhaustion

Signs:

Headache; Nausea; Dizziness; Weakness; Irritability; Thirst; Heavy sweating; Elevated body temp; Decreased urine output

Treatment:

Get out of hot area; Drink liquids; Remove unnecessary clothing; Cool with cold compresses or washing with cool water; Seek medical evaluation

Heat Stroke

Signs:

Confusion, Altered mental status, Slurred speech; Loss of consciousness; Hot, dry skin or profuse sweating; Seizures; Very high body temperature

Treatment:

Emergency medical care—Call 911; Move patient to cool area and remove outer clothing; Cool patient with cold water on skin and clothes; Circulate the air to speed cooling



Protect yourself by doing these things:

- Ease into Work—Nearly 3 out of 4 fatalities from heat illness happen during the first week of work. On the first day only spend 20% of the time in full intensity heat and build up by no more than 20% per day.
- Drink cool water even if you are not thirsty, at least 1 cup every 20 minutes.
- Take rest breaks in a shady or cool location to recover from heat given the temperature, humidity and conditions.
- Dress for the heat by wearing light colored, loose fitting, breathable clothing if possible. Also wear a head covering that will protect you from direct sun. *do not forego using PPE when necessary*