



## Protecting Yourself and Others from Heat Stress

Heat Illness Exposure to heat can cause illness and death. The most serious heat illness is heat stroke. Other heat illnesses, such as heat exhaustion, heat cramps and heat rash, should also be avoided. There are precautions that can be taken any time temperatures are high and the job involves physical work.

### **Risk Factors for Heat Illness:**

- High temperature and humidity, direct sun exposure, no breeze or wind
- Heavy physical labor
- No recent exposure to hot workplaces
- Low liquid intake
- Waterproof clothing

### **Symptoms of Heat Exhaustion:**

- Headache, dizziness, or fainting
- Weakness and wet skin
- Irritability or confusion
- Thirst, nausea, or vomiting

### **Symptoms of Heat Stroke:**

- May be confused, unable to think clearly, pass out, collapse, or have seizures (fits)
- May stop sweating

### **What to Do When an Individual is Ill from the Heat:**

- Notify a supervisor for help
- Have someone stay with the worker until help arrives
- Move the worker to a cooler/shaded area
- Remove outer clothing
- Fan and mist the worker with water; apply ice (ice bags or ice towels)
- Provide cool drinking water, if able to drink. IF THE WORKER IS NOT ALERT or seems confused, this may be a heat stroke. CALL 911 IMMEDIATELY and apply ice as soon as possible.