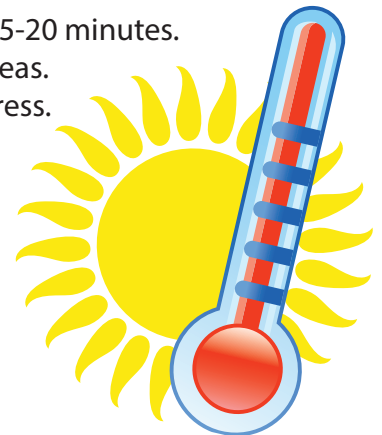


Heat Related Illnesses and First Aid

CONDITION	SIGNS/SYMPTOMS	FIRST AID AND TREATMENT
Heat Cramps	Severe Cramps – Hands, Calves or Feet Hard, Tense Muscles Heavy Sweating	Increased Water Intake Rest in Shade/Cool Environment
Heat Exhaustion	Fatigue, Nausea, Headaches Excessive Thirst, Weakness Muscle Aches and Cramps Drenching Sweat, Cold Clammy Skin Dizziness, Fainting, Agitation	Get Medical Attention if Signs or Symptoms Worsen or Do Not improve within 60 minutes! Lie Down in Cool Environment Drink Water Loosen Tight Clothing Fan/Spray with Cool Water This condition can lead to Heat Stroke
Heat Stroke	Nausea and Vomiting; Headache Dizziness and Vertigo; Fatigue Hot, Flushed, Dry Skin Rapid Heart Rate; Decreased Sweating Shortness of Breath Increased Body Temperature–104°-106° Confusion; Loss of Consciousness	Medical Emergency! Can be Fatal! Get Medical Attention! Remove Excess Clothing Fan/Spray with Cool Water Offer Sips of Cool Water if Conscious
Prickly Heat/Rash	Red, Bumpy Rash with Severe Itching	Keep Skin Cool and Dry Wear Clothing that Wicks Away Sweat and Wetness
Heat Fainting	Sudden Fainting after 2 Hours of Work Cool, Moist Skin Weak Pulse	Get Medical Attention Assess the Need for CPR Loosen Tight Clothing Offer Sips of Cool Water if Conscious * Fainting may also be due to other illnesses.

Preventing Heat Related Illnesses

- Drink water – Drink small amounts of water frequently, about a cup every 15-20 minutes.
- Limit exposure time and/or temperature – Take rest breaks in cool/shady areas.
- Acclimation – Gradually adapting to heat will reduce the severity of heat stress.
- Engineering controls – Mechanize heavy jobs or increase air movement with fans or coolers.
- Wearing loose, lightweight clothing – Clothing can affect heat build up.
- Wear a wide-brimmed hat when possible.
- Be aware that protective clothing or personal protective equipment may increase the risk of heat stress.



Use this information as a guide, when in doubt, call for help.