

## Early Symptoms

- Fatigue
- Heavy Sweating
- Headache
- Cramps
- Dizziness
- High Pulse
- Nausea or Vomiting

For anyone working outdoors or in hot indoor environments, heat can lead to serious medical conditions. If the human body is unable to maintain a normal body temperature, heat-related illness can occur and may result in death. Health effects include heat rash, heat cramps, heat exhaustion, and heat stroke. Faculty, students and staff should take preventive measures to avoid heat stress.

## Life Threatening Symptoms

- High Body Temperature
- Red, Hot, & Dry skin
- Confusion
- Convulsions
- Fainting

## Prevention...

- ☀ Keep hydrated, drink plenty of water even if you are not thirsty
- ☀ Take frequent breaks in the shade
- ☀ Wear light-colored & light-weight clothing
- ☀ Avoid harmful effects of the sun and wear sunscreen
- ☀ Notify your supervisor immediately if heat stress symptoms are present, Call 911 if necessary.

### Heat Stroke

Most serious heat-related health problem. Occurs when the body's temperature regulating system fails and body temperature rise to critical levels (greater than 104°F). Heat stroke is a medical emergency that may result in death.

**Signs:** Confusion, loss of consciousness, seizures, high body temp (greater than 104°F), may stop sweating.

**What to Do:** Get medical help, move worker to shady/cool area, use wet/cold cloths on body

### Heat Exhaustion

Next most serious heat-related health problem.

**Signs:** Headache, nausea, dizziness, weakness, irritability, confusion, thirst, heavy sweating, body temp greater than 100.4°F

**What to Do:** Remove worker from hot area, drink plenty of water, use cold compresses, seek medical help if needed

### Heat Cramps

Muscle pains typically caused by loss of body salts and fluids during sweating.

**Signs:** Painful, brief muscle cramps, usually involve muscles that are fatigued by heavy work, such as calves, thighs, and shoulders.

**What to Do:** Replace fluid loss by drinking water and/or sports drinks with carbohydrate-electrolyte replacement every 15 to 20 minutes

### Heat Rash

Common problem in hot work environments caused by sweating

**Signs:** Looks like red clusters of pimples or small blisters. Typically appears on neck, upper chest, groin, under breasts, in elbow creases.

**What to Do:** Keep rash dry, do not use ointments or creams, powders may be applied to increase comfort

