

# Heat illness

*Hazards include heat stroke and heat exhaustion.*

## Preventing heat-related illness

- Drink a lot of water, about 1 cup every 15 minutes
- Know the signs/symptoms of heat-related illness; monitor yourself and co-workers
- Block out direct sun or other heat sources
- Use cooling fans/air-conditioning; rest regularly
- Wear lightweight, light-colored, loose-fitting clothes
- Avoid alcohol, caffeinated drinks, or heavy meals

## Heat exhaustion

What happens to the body:

- Headaches
- Dizziness or light-headedness
- Weakness
- Mood changes
- Irritability or confusion
- Feeling sick to your stomach
- Vomiting
- Fainting
- Decreased and dark-colored urine
- Pale, clammy skin

What should be done:

- Move the person to a cool, shaded area
- Don't leave the person alone
- If the person is dizzy or light-headed, lay them on their back and raise legs about 6-8 inches (if the person is sick to their stomach, lay them on their side)
- Loosen and remove heavy clothing
- Have the person drink cool water (a small cup every 15 minutes) if he or she is not feeling sick to their stomach
- Try to cool the person by fanning them
- Cool the skin with a cool spray mist of water or wet cloth
- If the person does not feel better in a few minutes, call for emergency help (ambulance or 911)
- If heat exhaustion is not treated, the illness may advance to heat stroke

## Heat stroke

What happens to the body:

- Dry, pale skin
- Sweating may still be present
- Hot, red skin (looks like a sunburn)
- Mood changes
- Irritability
- Confusion or not making any sense
- Seizures or fits
- Collapse (will not respond)

What should be done:

- Call for emergency help (ambulance or 911)
- Move the person to a cool, shaded area
- Don't leave the person alone
- Lay them on their back and if the person is having seizures, remove objects close to them so they won't hit them (if the person is sick to their stomach, lay them on their side)
- Remove heavy and outer clothing
- Have the person drink small amounts of cool water if he is alert enough to drink anything and not feeling sick to his stomach
- Try to cool the person by fanning him or her
- Cool the skin with a cool spray mist of water, wet cloth, or wet sheet
- If ice is available, place ice packs in armpits and groin area

**Site specific requirements:**

**Employee participants:**

**Date:**

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