



SAFETY TALK

Heat Illness

What to do



Everyone is susceptible to heat illness. It can happen to anyone anywhere, inside or out. Why? Because heat illness is about temperature and the lack of hydration. There are several types of heat illness. Death can occur when the heat illness escalates to **heat stroke**. It is critical that you recognize heat illness at its onset and take corrective action immediately.

HEAT RASH

Show up as red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases).

What to do - Stay in a cool, dry place and keep the rash dry.

HEAT CRAMPS

Happens when you perform hard physical labor in a hot environment. Cramps, muscle pain, or spasms are felt most commonly in the arms and legs and can occur after the work has stopped.

What to do – Rest in a shady, cool area. Drink cool water. Wait for cramps to go away before doing any physical activity.

Get Help If

- Cramps last more than 1 hour
- You're on a low sodium diet
- You have heart problems

HEAT EXHAUSTION

Happens when the whole body becomes stressed, especially the circulatory system, by environmental and personal factors that contribute to heat illness.

Symptoms/signs include

- Cool, pale, clammy skin
- Heavy sweating
- Fatigue or weakness
- Shortness of breath
- Headache
- Dizziness or fainting
- Nausea or vomiting
- Rapid heartbeat and breathing
- Thirst
- Irritability

What to do - If you or someone else has signs or symptoms of heat exhaustion get out of the heat immediately. Loosen or remove clothing. Apply cool water or ice packs to the body. Drink water and electrolytes. **Seek medical help.**

HEAT STROKE

This is the most serious stage of heat illness and is a medical emergency.

Signs may include:

- Dizziness/light headedness - headache
- Behavioral changes – confusion, disorientation, staggering
- Red, hot, dry skin – very little sweating
- Nausea or vomiting
- Rapid pulse
- High body temperature, 105° F or higher

Death will occur unless treated promptly.

What to do - CALL 9-1-1 IMMEDIATELY.

- Get the victim to a cool area and remove unnecessary clothing
- Fan vigorously
- Apply cool water to clothing or skin
- Apply ice packs under arms, to the neck, back, and the groin area.