

## Heat Exhaustion or Heat Stroke?

Heat stroke causes confusion and disorientation. Ask these 3 questions:

- ⇒ What is your name?
- ⇒ What day is it?
- ⇒ Where are we?

If the person can't answer these questions, assume it's heat stroke

## Death from Heat

When the body is unable to control its temperature heat-related illnesses can occur and may result in death. Approximately 700 people die in the U.S. each year as a result of heat stroke.

## Heat Stress Factors

### Personal Factors

- ⇒ Dehydration
- ⇒ Alcohol or drug use
- ⇒ Medical conditions and some medications
- ⇒ Unused to high heat or personal protective equipment
- ⇒ Being over or underweight

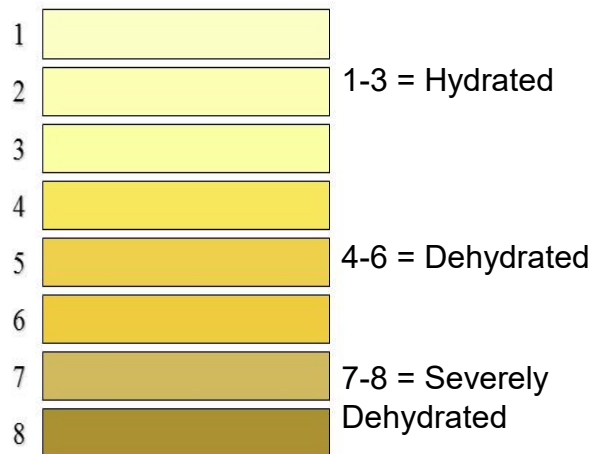
### Environmental Factors

- ⇒ High humidity
- ⇒ Direct sunlight or other heat source
- ⇒ Lack of air movement

### Working Conditions

- ⇒ Prolonged shifts or infrequent rest breaks
- ⇒ Heavy clothing
- ⇒ Inadequate amounts of drinking water

## Urine Color Shows Hydration



## Protect Yourself

- ⇒ Know the signs/symptoms of heat-related illnesses; monitor yourself and your coworkers
- ⇒ Avoid working alone
- ⇒ Block out direct sun and other heat sources when possible
- ⇒ Drink water frequently BEFORE you are thirsty. Drink 2-4 cups of water every hour.
- ⇒ Avoid beverages containing alcohol or caffeine.
- ⇒ Wear lightweight, light colored, loose-fitting clothes
- ⇒ Wear sunscreen

### Environmental Health & Safety

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# HEAT AWARENESS



Environmental Health & Safety

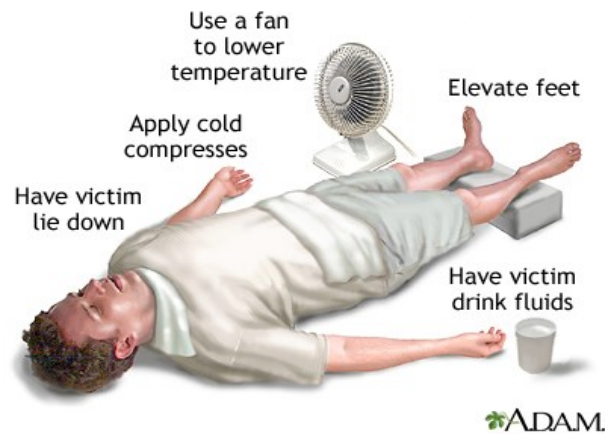


## Heat-Related Illnesses

There are five main heat-related illnesses:

- ⇒ Heat Rash
- ⇒ Heat Cramps
- ⇒ Heat Syncope (Fainting)
- ⇒ Heat Exhaustion
- ⇒ Heat Stroke

## Heat Emergency Treatment



## Heat Rash

Heat rash is a common condition in which areas of the skin itch and often feel prickly or stung as a result of overheating. Keep skin cool and dry and wear suitable clothes for working in hot conditions.



### Symptoms

Sweat ducts become plugged and a rash develops.

### Treatment

Rest in a cool area until the rash goes away.

## Heat Cramps

Heat Cramps are muscle spasms that occur when the body loses too much salt and water during profuse sweating.

### Symptoms

Painful muscle cramps, usually in the abdomen, back, arms or calves.

### Treatment

Move to a cooler location and rest. Drink an electrolyte containing beverage (e.g., a sports drink). Gently massage or stretching of the affected area. Don't resume strenuous activity for several hours.

**Call your doctor if heat cramps don't go away after an hour.**



## Heat Syncope (Fainting)

Heat syncope is the pooling of blood in the lower extremities in workers who are unused to working in the heat and who stand for long periods of time.

### Symptoms

A brief loss of consciousness. Treat as heat stroke.

### Treatment

Call 911 and follow the heat emergency treatment. Move to a cooler location. Lie down and elevate the feet. Use a cold wet cloth and/or a fan to cool the individual. Give fluids and refer for medical evaluation.

## Heat Exhaustion

Heat exhaustion is a serious heat-related illness that can progress to heat stroke if not promptly treated.

### Symptoms

Weakness; Headache; Breathlessness; nausea or vomiting; Feeling faint; Pale, clammy skin

### Treatment

Move to a cooler location. Lie down and elevate the feet. Loosen or remove excess clothing. Use a cold wet cloths and/or a fan to cool the individual. If the person is alert and not nauseated, give one cup of fluids every 15 minutes.

**Recovery should be rapid. Call 911 if the individual does not feel better in about 15 minutes.**

## Heat Stroke

Heat exhaustion is a life-threatening condition which requires immediate assistance. People can die from heat stroke if not immediately assisted in cooling down. **Early symptom recognition and response necessary to prevent death.**

### Symptoms

Dry, hot, red skin; Nausea and vomiting; Irritability, confusion and incoherence; Seizures or fits; Collapse or loss of consciousness; High body temperature

### Treatment

Call 911 and transport to a medical facility as soon as possible. While waiting for emergency responders, do everything you can to cool the person down.