



Heat Exhaustion or Heat Stroke

CAUSES

- High temperatures, humidity, direct exposure to sun and limited air movement
- Physical exertion, poor physical condition, certain medications, and low tolerance for hot workplaces

SYMPTOMS OF HEAT EXHAUSTION

- Headaches, dizziness, lightheadedness or fainting
- Weakness and moist skin
- Mood changes such as irritability or confusion
- Upset stomach or vomiting

SYMPTOMS OF HEAT STROKE

- Dry, hot skin with no sweating
- Mental confusion or loss of consciousness
- Seizures or convulsions

PREVENTION

- Know the symptoms and monitor yourself and your co-workers
- Block direct sunlight and other sources of heat
- Use cooling fans or air conditioning, and rest regularly
- Drink lots of water (about one cup every 15 minutes)
- Wear lightweight, light-colored, loose-fitting clothes
- Avoid alcohol, caffeinated drinks and heavy meals

TREATMENT

- Call 911 (or a local emergency number) immediately for heat stroke symptoms
- Move the worker to a cool, shaded area, and loosen or remove heavy clothing
- Provide cool drinking water - No ice water as this may put the person in shock
- Seek medical attention if symptoms do not improve in 30 minutes