



Exposure to heat can cause illness and death. The most serious heat illness is **heat stroke**. Other heat illnesses are categorized as **heat exhaustion, heat cramps and heat rash**. You should always take precautions when temperatures are high, and the job involves physical work.

### **Risk Factors for Heat Illness**

High temperature and humidity  
 Direct sun exposure without a breeze or wind  
 Heavy manual labor  
 No recent exposure to hot climate workplaces  
 Not hydrating regularly  
 Waterproof clothing

### **Symptoms of Heat Exhaustion**

Headache, dizziness, or fainting  
 Weakness and wet skin  
 Irritability or confusion  
 Thirst, nausea, or vomiting.

### **Symptoms of Heat Stroke**

May be confused, unable to think clearly, pass out, collapse, or have seizures (fits)  
 May stop sweating

### **How to Protect Workers**

Provide a lot of cool water to workers close to the work area. Drink often and **BEFORE** you are thirsty. At least one pint of water per hour is needed.

Modify work schedules and have frequent rest periods with water breaks in shaded or air-conditioned areas. Know signs/symptoms of heat illnesses; monitor yourself; use a buddy system.

Block out direct sun and other heat sources. Avoid beverages containing alcohol or caffeine. Wear lightweight, light colored, loose fitting clothes.

### **What to Do When a Worker is Ill from the Heat**

- Call a supervisor for help. If the supervisor is not available, call 911.
- Have someone stay with the worker until help arrives.
- Move the worker to a cooler/shaded area.
- Remove outer clothing.
- Fan and mist the worker with water; apply ice (ice bags or ice towels).
- Provide cool drinking water, if able to drink.

IF THE WORKER IS NOT ALERT or seems confused, this may be a heat stroke.

CALL 911 IMMEDIATELY and apply ice as soon as possible.