

Safety Spotlight

Practical tips to keep you safe



Heat Related Illnesses and First Aid Measures

	Symptoms	First Aid*
Heat stroke	<ul style="list-style-type: none"> Confusion Fainting Seizures Excessive sweating or red, hot, dry skin Very high body temperature 	<ul style="list-style-type: none"> Call 911 <p>While waiting for help:</p> <ul style="list-style-type: none"> Place worker in shady, cool area Loosen clothing, remove outer clothing Fan air on worker; cold packs in armpits Wet worker with cool water; apply ice packs, cool compresses, or ice if available Provide fluids (preferably water) as soon as possible Stay with worker until help arrives
Heat exhaustion	<ul style="list-style-type: none"> Cool, moist skin Heavy sweating Headache Nausea or vomiting Dizziness Light headedness Weakness Thirst Irritability Fast heart beat 	<ul style="list-style-type: none"> Have worker sit or lie down in a cool, shady area Give worker plenty of water or other cool beverages to drink Cool worker with cold compresses/ice packs Take to clinic or emergency room for medical evaluation or treatment if signs or symptoms worsen or do not improve within 60 minutes. Do not return to work that day
Heat cramps	<ul style="list-style-type: none"> Muscle spasms Pain Usually in abdomen, arms, or legs 	<ul style="list-style-type: none"> Have worker rest in shady, cool area Worker should drink water or other cool beverages Wait a few hours before allowing worker to return to strenuous work Have worker seek medical attention if cramps don't go away
Heat rash	<ul style="list-style-type: none"> Clusters of red bumps on skin Often appears on neck, upper chest, folds of skin 	<ul style="list-style-type: none"> Try to work in a cooler, less humid environment when possible Keep the affected area dry

* Remember, if you are not a medical professional, use this information as a guide only to help workers in need.