



SIGNS & RESPONSES TO HEAT RELATED ILLNESSES

HEAT STROKE

Confusion or altered mental status
Hot, dry skin or profuse sweating
Seizure or loss of consciousness
Very high body temperature

Call 911. Move the worker to a cool area, lower body temperature with water or ice, stay with them until emergency care arrives.

HEAT EXHAUSTION

Headache
Nausea
Dizziness
Heavy Sweating

Irritability
Thirst
Weakness
Decreased Urination

Seek medical care. Move the worker to a cool or shaded area, provide fluids and stay with them until medical care is available.

RHABDOMYOLYSIS

Muscle cramps / pain
Abnormally dark urine
Weakness / Exercise intolerance
Possibly asymptomatic

Stop activity and increase hydration. Seek medical care and request to be checked for rhabdomyolysis.

HEAT SYNCOPE

Fainting (short duration)
Dizziness
Feeling light-headed

Sit or lie down in a cool place. Slowly drink water, clear juice, or a sports drink.

HEAT CRAMPS

Muscle cramps / pain
Spasms in abdomen, arms or legs

Drink water. Have a snack and / or carbohydrate-electrolyte replacement liquid every 15 to 20 minutes. Medical care should be received if the worker has heart problems. No salt tablets.

HEAT RASH

Rash appears like pimples or small blisters
Usually appears on neck, chest, groin, under breasts or in elbow creases

Keep rash area dry. Powder may increase comfort. Move to cooler, less humid area if possible. Avoid ointments and creams.