

HEAT ILLNESSES 101: SYMPTOMS & FIRST AID

Knowing the symptoms of heat-related illnesses and the First Aid response to take can help you protect yourself and coworkers when extreme temperatures occur!

HEAT CRAMPS

Heat Cramps occur when the body's levels of salt and moisture are depleted, aka excessive sweating.

SYMPTOMS

- Muscle Cramps
- Pain or Spasms in the abdomen, arms, or legs.

FIRST AID

1. Stop All Activity
2. Sit in a cool area. If there is no indoor access, go under shade.
3. Drink clear juice, a sports beverage, or water with food
4. Avoid salt tablets.
5. Do not return to work for a few hours after cramping subsides.

MEDICAL ATTENTION SHOULD BE SOUGHT IF: YOU HAVE HEART PROBLEMS, ARE ON A LOW-SODIUM DIET, OR IF THE CRAMPING DOES NOT SUBSIDE WITHIN 1 HOUR.

HEAT EXHAUSTION

Heat Exhaustion is the body's response to an excessive loss of water and salt, usually through sweating.

SYMPTOMS

- Heat Cramps
- Rapid Heartbeat
- Heavy Sweating
- Extreme Weakness
- Dizziness
- Nausea
- Vomiting
- Irritability
- Fast Shallow Breathing
- Slightly Elevated Body Temperature

FIRST AID

1. Stop all activity.
2. Rest in a cool area.
3. Drink plenty of cool beverages.
4. Take a cool shower, bath or sponge bath.
5. Do not return to work for the day

MEDICAL ATTENTION SHOULD BE SOUGHT IF SYMPTOMS WORSEN OR DO NOT IMPROVE IN 1 HOUR

HEAT STROKE

Heat Stroke is the most serious heat-related illness and can lead to permanent damage or death. It occurs when the body loses control of regulating its temperature

SYMPTOMS

- Symptoms:
- High Body Temperature
- Confusion
- Lack of Coordination
- Hot and Dry Skin
- Profuse Sweating
- Rapid Heartbeat and Breathing
- Throbbing Headache
- Fainting
- Seizures, Coma

FIRST AID

1. Call 911 and/or seek medical assistance immediately.
2. Move worker into a cool, shaded area.
3. Remove any excessive clothing.
4. Try to cool their body down by applying cool water to their body, covering them with cool wet towels, applying ice to their armpits, neck, and wrists.
5. Stay with the workers until help arrives.
6. Do not force the victim to drink liquids or allow them to take pain killers or salt tablets.

MEDICAL ATTENTION SHOULD ALWAYS BE SOUGHT.