



Office of Environmental Health & Safety  
**MONTHLY SAFETY TOPIC**  
**HEAT-RELATED ILLNESSES**

July  
2018

**Preventative Measures**



Wear light clothing and a wide-brimmed hat.



Avoid caffeine, which dehydrates the body.



Drink water (small amounts every 15 min).


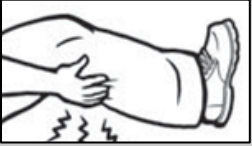
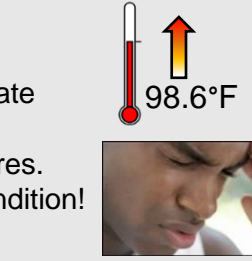


Seek shade wherever possible.



Take cooling breaks to rest. Don't over-exert.

**Heat-Related Illness Symptoms and First Aid**

Heat-Related Illness	Symptoms	First Aid
<p><b>Heat Rash</b>            Skin irritation caused by sweat that does not evaporate from the skin.</p> 	<ul style="list-style-type: none"> <li>• Clusters of red bumps on the skin, often on the neck, upper chest, or fold of skin</li> </ul>	<ul style="list-style-type: none"> <li>• Try to work in a cooler, less humid environment when possible</li> <li>• Keep the affected area dry</li> </ul>
<p><b>Heat Cramps</b>            Muscle cramps caused by the loss of body salts and fluid during sweating.</p> 	<ul style="list-style-type: none"> <li>• Muscle spasms/pain, usually in abdomen, arms, or legs</li> </ul>	<ul style="list-style-type: none"> <li>• Rest in shady, cool area</li> <li>• Drink water or other cool beverages</li> <li>• Wait a few hours before strenuous work</li> <li>• Seek medical attention if cramps don't go away</li> </ul>
<p><b>Heat Exhaustion &amp; Heat Stroke</b>            The body is unable to regulate its heat when exposed to excessively high temperatures. This is a life-threatening condition!</p> 	<p>Early symptoms (Heat Exhaustion):</p> <ul style="list-style-type: none"> <li>• Heavy sweating, fast heartbeat</li> <li>• Headache, dizziness, irritability</li> <li>• Weakness</li> </ul> <p>Late symptoms (Heat Stroke):</p> <ul style="list-style-type: none"> <li>• Confusion</li> <li>• Fainting, seizures</li> <li>• Hot, dry skin</li> <li>• Loss of consciousness</li> </ul>	<ul style="list-style-type: none"> <li>• Alert supervisor and request medical assistance</li> <li>• Get person to a shady, cool area</li> <li>• Loosen clothing; remove outer clothing</li> <li>• Soak the person's body in cool water</li> <li>• Apply icepacks to head, neck, armpits, and groin</li> <li>• Provide water (do not try to give beverages to an unconscious person)</li> <li>• Stay with person until help arrives</li> </ul>