

Occupational risk factors for heat illness include:

- heavy physical activity
- warm or hot environmental conditions
- lack of acclimatization
- wearing clothing that holds in body heat



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Become familiar with the symptoms of heat-related illnesses. When any of these symptoms become apparent, provide (or seek) first aid immediately.

- It is not necessary to diagnose exactly which heat illness is occurring in order to provide first aid.
- Time is critical when it comes to providing first aid for heat stress because conditions can worsen quickly.

HEAT-RELATED ILLNESS	SIGNS AND SYMPTOMS
Heat Stroke	<ul style="list-style-type: none"> • Very High Body Temperature • Heavy Sweating or Hot, Dry Skin • Confusion, Slurred Speech • Rapid Heart Rate • Seizures • Unconsciousness
Heat Exhaustion	<ul style="list-style-type: none"> • Elevated Body Temperature • Dizziness or Lightheadedness • Heavy Sweating • Nausea or Vomiting • Thirst • Fatigue • Irritability • Fast Heart Rate
Heat Cramps	<ul style="list-style-type: none"> • Muscle Spasms or Pain, Usually in Legs, Arms, or Trunk
Heat Syncope	<ul style="list-style-type: none"> • Fainting or Dizziness
Heat Rash	<ul style="list-style-type: none"> • Clusters of Red Bumps on Skin, Usually on Neck, Chest, Skin Folds

- Hazardous heat exposure can occur indoors or outdoors and can occur during any season if the conditions are right, not only during heat waves.
- Workers who are new to working in warm environments are at increased risk of heat-related illness. Especially during a worker's first few days, absolutely all symptoms should be taken seriously.
- Any worker who develops symptoms should be allowed to stop working and should receive evaluation for possible heat-related illness.
- Heat exhaustion can begin suddenly or happen gradually. Untreated, heat exhaustion can lead to heat stroke, which is a life-threatening condition.

The information provided in this safety topic is not intended as a substitute for professional medical advice or formal first aid training.

If you suspect heat exhaustion, first aid steps include:

- Move out of the heat and into a shady or air-conditioned area
- Lay down and elevate the legs and feet slightly
- Remove tight or heavy clothing
- Sip chilled water or a sports drink with electrolytes
- Try cooling by spraying with cool water and fanning
- Monitor carefully



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- Call 911 (or emergency services) if the condition gets worse especially if there is:
 - Inability to drink
 - Agitation
 - Seizures
 - Fainting
 - Confusion
 - Loss of Consciousness
- If you suspect heat stroke, call 911, or emergency services, immediately. Move the worker out of the heat quickly and cool by any means available while waiting for emergency medical care.

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