



Heat-Related Illness | Symptoms and Signs

Heat stroke

- Confusion
- Slurred speech
- Unconsciousness
- Seizures
- Heavy sweating or hot, dry skin
- Very high body temperature
- Rapid heart rate

Heat exhaustion

- Fatigue
- Irritability
- Thirst
- Nausea or vomiting
- Dizziness or lightheadedness
- Heavy sweating
- Elevated body temperature or fast heart rate

Heat cramps

- Muscle spasms or pain
- Usually in legs, arms, or trunk

Heat syncope

- Fainting
- Dizziness

Heat rash

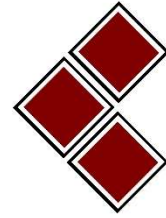
- Clusters of red bumps on skin
- Often appears on neck, upper chest, and skin folds

Rhabdomyolysis (muscle breakdown)

- Muscle pain
- Dark urine or reduced urine output
- Weakness



Quick Safety Guide



First aid for heat-related illness involves the following principles:

- Take the affected worker to a cooler area (e.g., shade or air conditioning).
- Cool the worker immediately. Use active cooling techniques such as:
- Immerse the worker in cold water or an ice bath. Create the ice bath by placing all of the available ice into a large container with water, standard practice in sports. This is the best method to cool workers rapidly in an emergency.
- Remove outer layers of clothing, especially heavy protective clothing.
- Place ice or cold wet towels on the head, neck, trunk, armpits, and groin.
- Use fans to circulate air around the worker.
- Never leave a worker with heat-related illness alone. The illness can rapidly become worse. Stay with the worker.
- **When in doubt, call 911!**

