

# HEAT SAFETY | 4 TYPES OF HEAT ILLNESS

## HEAT CRAMPS

Symptoms: Muscle cramps, pain, or spasms in the abdomen, arms, or legs.

First Aid:

- Drink water and have a snack and/or sports drink every 15 to 20 minutes.
- Avoid salt tablets.
- Get medical help if the worker has heart problems, is on a low sodium diet, or if cramps do not subside within 1 hour.

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## HEAT FAINTING

Symptoms: Fainting (short duration), Dizziness, Light-headedness during prolonged standing or suddenly rising from a sitting or lying position.

First Aid:

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

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## HEAT EXHAUSTION

Symptoms: Headache, Nausea, Dizziness, Weakness, Irritability, Thirst, Heavy sweating, Elevated body temperature, Decreased urine output.

First Aid:

- Take worker to a clinic or emergency room for medical evaluation and treatment.
- If medical care is unavailable, call 911.
- Someone should stay with worker until help arrives.
- Remove worker from hot area and give liquids to drink.
- Remove unnecessary clothing, including shoes and socks.
- Cool the worker with cold compresses or have the worker wash head, face, and neck with cold water.
- Encourage frequent sips of cool water

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## HEAT STROKE

Symptoms: Confusion, altered mental status, slurred speech, Loss of consciousness (coma), Hot, dry skin or profuse sweating, Seizures, Very high body temperature, Fatal if treatment delayed.

First Aid:

- Call 911 for emergency medical care.
- Stay with worker until emergency medical services arrive.
- Move the worker to a shaded, cool area and remove outer clothing.
- Cool the worker quickly with a cold water or ice bath if possible; wet the skin, place cold wet cloths on skin, or soak clothing with cool water.
- Circulate the air around the worker to speed cooling.
- Place cold wet cloths or ice on head, neck, armpits, and groin; or soak the clothing with cool water.

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# HEAT SAFETY | PREVENTING HEAT ILLNESS

## WATER

- Workers should drink 1 quart (2- 16oz water bottles) per hour.
- Plan for replenishment throughout the work shift.



## REST

- Make sure there is enough resting space for 25% of the crew working at the location.
- More frequent shorter periods of exposure to heat are better than fewer longer exposures.
- Work/rest schedules are often based on 1-hour cycles and might call for a rest period of 15 minutes every hour.



## SHADE

- Allow workers to rest in shade if they feel the need for no less than 5 minutes.
- Keep tents or canopies on hand if possible.
- Natural shade or air-conditioned vehicles are acceptable.
- Shade should be provided at all times when temperature exceeds 85 degrees.



## TRAINING

- Workers & supervisors must be trained about heat illness and emergency response procedures before being exposed to heat.
- Have a knowledgeable person at the worksite that is well-informed about heat-related illness and able to modify work activities and the work/rest schedule as needed.



## HIGH HEAT PROCEDURES

- Ensure effective communications in case of emergency.
- Observe employees carefully for signs of heat illness.
- Remind employees to drink water throughout the shift.
- Closely supervise un-acclimatized employees for first 14 days of exposure to high heat.



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## TAKE TIME TO ACCLIMATIZE

- Work shorter shifts until your body has adjusted to the heat.

## STAY WELL HYDRATED

- Drink often, before you get thirsty.
- Avoid sweetened beverages.

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## TAKE TIME TO REST & COOL DOWN

- Sit somewhere cool, rest, and rehydrate frequently.
- Take short frequent breaks vs long few breaks.

## DRESS FOR THE HEAT

- Wear light-colored, loose-fitting clothing.
- Wear a hat and sunglasses if available.

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## WATCH FOR THE SIGNS

- Designate a buddy and ask how they feel periodically.
- Educated yourself on heat illness symptoms.