



Beat the Heat

Any worker exposed to hot and humid conditions is at risk of heat illness, especially those doing heavy work tasks or using bulky protective clothing and equipment. Some workers are at greater risk than others if they have not built up a tolerance to hot conditions, including new workers, temporary workers, or those returning to work after a week or more off. This also includes everyone during a heat wave.

Take precautions to prevent Heat Stress illnesses. Monitor your activities and drink plenty of fluids (water, sports drinks, etc.) to remain hydrated. Adequate water/ electrolyte solutions, rest periods and shade at a job site are essential.

OSHA Web Site - [OSHA's Campaign to Prevent Heat Illness in Outdoor Workers](#)

Heat illnesses and deaths are preventable!



Heat Related Illnesses Recognition and Actions:

Illness	Symptoms	First Aid
Heat Cramps	<ul style="list-style-type: none"> • Painful muscle cramps and • Heavy sweating 	<ul style="list-style-type: none"> • Apply firm pressure on cramping muscles or gently massage to relieve spasm. • Give sips of water unless the person complains of nausea, then stop giving water
Heat Exhaustion	<ul style="list-style-type: none"> • Heavy sweating • Weakness • Cool, pale, clammy skin • Fast, weak pulse • Possible muscle cramps • Dizziness • Nausea or vomiting • Fainting 	<ul style="list-style-type: none"> • Move person to a cooler environment • Lay person down and loosen clothing • Apply cool, wet cloths to as much of the body as possible • Fan or move victim to air conditioned room • Offer sips of water • If person vomits more than once, seek immediate medical attention
	<ul style="list-style-type: none"> • Altered mental state • Throbbing headache, confusion, nausea, dizziness, shallow breathing • Body temperature above 103°F • Hot, red, dry or moist skin • Rapid and strong pulse • Faints, loses consciousness 	<ul style="list-style-type: none"> • Heat stroke is a severe medical emergency. <u>Call 911 or get the victim to a hospital immediately. Delay can be</u> • <u>fatal</u> • Move the victim to a cooler, preferably air-conditioned, environment • Reduce body temperature with cool cloths or bath • Use fan if heat index temperatures are below the high 90s. A fan can make you hotter at higher temperatures • Do NOT give fluids

