

HEAT ILLNESS

Employers and workers should become familiar with the symptoms of heat illness. When any of these symptoms are present, **seek medical attention.**



Heat Exhaustion **vs** Heat Stroke

If a worker experiences any one of these:

- Weakness, severe fatigue
- Feeling lightheaded or dizzy
- Nausea and/or vomiting
- Fainting (with recovery)
- Unusually heavy sweating

- Loss of consciousness
- Disorientation
- Confusion/Not making sense
- Slurred or garbled speech
- Hallucinations
- Seizure

Take these immediate actions:

- Move to a cool place ASAP
- Remove unnecessary clothing
- Cool off with wet towels, water mist, fan, or ice packs
- Give water to drink
- Elevate legs if they are feeling faint or have fainted
- Get medical evaluation if not improved in 30 minutes
- Monitor for symptoms of heat stroke

- CALL 911
- Move them to a cool place ASAP
- Remove unnecessary clothing
- Douse with cool water or hose down
- Place in ice or cold water bath if possible

IF YOU FEEL FAINT, CONFUSED, OR VOMIT, SEEK MEDICAL HELP IMMEDIATELY, INCLUDING CALLING 9-1-1