

# Heat Illness

Heat illness can be mild or severe. Workers and employers need to know the symptoms and treatments to prevent serious heat illness and death.



TYPE	SYMPTOMS	WHAT TO DO
Heat Rash	<ul style="list-style-type: none"> <li>• Red, itchy bumps on the skin resembling pimples</li> </ul>	<ul style="list-style-type: none"> <li>• Move to a cool, dry place</li> <li>• Keep rash dry</li> <li>• Use baby powder or calamine lotion to soothe rash</li> </ul>
Heat Cramps	<ul style="list-style-type: none"> <li>• Painful muscle spasms in the arms, legs and belly</li> <li>• Involuntary movements</li> </ul>	<ul style="list-style-type: none"> <li>• Stop physical activity</li> <li>• Water, rest, shade</li> <li>• Inform co-workers, supervisor of symptoms</li> <li>• Have a snack</li> <li>• Wait for cramps to stop before continuing physical activity</li> <li>• Get medical help right away if cramps last longer than an hour</li> </ul>
Heat Exhaustion	<ul style="list-style-type: none"> <li>• Heavy sweating</li> <li>• Cold, pale, clammy skin</li> <li>• Nausea or vomiting</li> <li>• Muscle cramps</li> <li>• Tiredness/weakness</li> <li>• Dizziness</li> <li>• Headache</li> <li>• Fainting/passing out</li> </ul>	<ul style="list-style-type: none"> <li>• Stop physical activity</li> <li>• Water, rest, shade</li> <li>• Inform co-workers, supervisor of symptoms</li> <li>• Elevate legs</li> <li>• Remove heavy clothing</li> <li>• Put cool, wet cloths or ice on neck, armpits and groin area</li> <li>• Turn on side if vomiting</li> <li>• Do not return to work until symptoms subside</li> <li>• Get medical help right away if:                             <ul style="list-style-type: none"> <li>◦ You are throwing up</li> <li>◦ Symptoms get worse</li> <li>◦ Symptoms last more than an hour</li> </ul> </li> </ul>
Heat Stroke	<ul style="list-style-type: none"> <li>• Very high body temperature (103 or higher)</li> <li>• Hot, red, dry or damp skin</li> <li>• Confusion</li> <li>• Unconsciousness</li> <li>• Slurred speech</li> <li>• Seizures</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Heat stroke is a medical emergency — call 911 right away</b></li> <li>• Move to a cool, shaded area</li> <li>• Elevate legs</li> <li>• DO NOT have water or other drinks</li> <li>• Remove heavy clothing</li> <li>• Place ice or cool, wet cloths on neck, armpits and groin area</li> <li>• Turn to side if vomiting</li> </ul>