Heat Stress
When the body is unable to cool itself by sweating, heat-induced illness such as heat exhaustion and the more severe heat stroke can occur and can result in death.

Factors Leading to Heat Stress
High temperature and humidity; direct sun or heat; limited air movement; physical exertion; poor physical condition; some medicines; and inadequate tolerance for hot workplaces.

Symptoms of Heat Exhaustion
- Headaches, dizziness, light headedness or fainting.
- Weakness and moist skin.
- Mood changes such as irritability or confusion.
- Upset stomach or vomiting.

Symptoms of Heat Stroke
- Dry, hot skin with no sweating.
- Mental confusion or losing consciousness.
- Seizures or convulsions.

Preventing Heat Stress
- Know signs and symptoms of heat-related illnesses; monitor yourself and co-workers.
- Block out direct sun or other heat sources.
- Use cooling fans or air conditioning; rest regularly.
- Drink lots of water, about 1 cup every 15 minutes.
- Wear lightweight, light-colored and loose-fitting clothes.
- Avoid alcohol, caffeinated drinks and heavy meals.

What to Do for Heat-Related Illness
- Call 911 (or local emergency number) at once.

While Waiting for Help to Arrive
- Move the person to a cool, shaded area.
- Loosen or remove heavy clothing.
- Provide cool drinking water (only if victim is conscious).
- Fan and mist the person with cool, not cold, water. Do not put person in ice.

Adapted from OSHA Quick Card 3154-07R-06, U.S. Department of Labor.

Cherie Berry, Commissioner of Labor

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