Heat Stress—Protect Yourself

When the body is unable to cool itself by sweating, several heat-induced illnesses such as heat stress or 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; inadequate tolerance for hot workplaces.

Heat Exhaustion

Symptoms:

- Headache, dizziness, lightheadedness, fainting
- Weakness, moist skin
- Mood changes such as irritability or confusion
- Upset stomach or vomiting

Heat Stroke

Symptoms:

- Dry, hot skin with no sweating
- Mental confusion or losing consciousness
- Seizures or convulsions

Preventing Heat Stress

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

What to do for Heat-Related Illness

- Call 911 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
  - Fan and mist the person with water