HEAT STRESS

Prevent Heat Stress - Do Not Get Overheated

Plan and Prevent

- If you are not used to hot work conditions, gradually build up to heavy work
- Use the coolest parts of the day for the most intense work
- Monitor weather conditions
- Select clothing that is light-colored, loose-fitting and breathable
- Drink water frequently – do not wait until you are thirsty
- Take more breaks throughout the work day
- Use areas of shade or go inside whenever possible, especially when taking breaks

Life-threatening Symptoms: CALL 911!
- High body temperature
- Red, hot, dry skin
- Confusion
- Convulsions
- Fainting

Early Symptoms: TAKE A BREAK!
- Fatigue
- Heavy sweating
- Headache
- Cramps
- Dizziness
- High pulse rate
- Nausea/vomiting

Seek medical care if symptoms worsen or don't improve over time

Additional Resources:
HEAT.gov - National Integrated Heat Health Information System

Purdue University
Administrative Operations

EHS - Facility and Occupational Safety
FacOccSafety@groups.purdue.edu

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