

Heat-Related Illness



WHAT TO LOOK FOR



WHAT TO DO

HEAT STROKE

- Confusion, altered mental status, slurred speech
 - Seizures
 - Fainting, unconsciousness
 - Dizziness, nausea, vomiting
 - Severe headache and weakness
 - High core body temperature (104°F or higher)
 - Hot, dry skin or profuse sweating
 - Rapid pulse and breathing
- **CALL 911 RIGHT AWAY** - *every minute counts*
 - Discontinue work and move the individual to a cool or shaded area and remove outer clothing
 - Cool the individual rapidly with an ice bath or wet the clothing with ice water or place ice packs on neck, armpit and groin
 - Circulate air around the individual to speed cooling
 - If conscious, encourage frequent sips of cool water or sports drink
 - Stay with individual until medical care arrives

WATER INTOXICATION

- Rapidly drinking large volumes of water
 - Very frequent urination and clear in color
 - Confusion or unconsciousness
 - Weakness
 - Vomiting
- **CALL 911 RIGHT AWAY** - *every minute counts*
 - Transport to medical care immediately
 - Do not give more water
 - If awake, allow to eat salty food or snacks

HEAT EXHAUSTION

- Irritability
 - Headache and weakness
 - Dizziness, nausea, vomiting
 - Elevated body temperature
 - Heavy sweating
 - Rapid pulse and breathing
 - Thirst
 - Muscle cramps
- Discontinue work and move the person to a shaded, cool area and remove outer clothing
 - Cool with ice packs or wet clothing with cold water
 - Circulate air around the person to speed cooling
 - Encourage frequent sips of water or sports drink
 - Stay with individual until condition improves
 - **GET MEDICAL HELP RIGHT AWAY IF:**
 - Individual begins to throw up, lose consciousness or symptoms worsen
 - Symptoms last longer than one hour once removed from activity and care is given

HEAT CRAMP

- Muscle cramps, pain, or spasms in the legs, arms, or abdomen
 - Muscle feels like it is “balling” up
 - Heavy and prolonged sweating during activity
- Stop physical activity and move to a cool place
 - Frequently sip cool water or sports drink
 - Wait for cramps to go away before you do any more physical activity (light massage may help)
 - **GET MEDICAL HELP RIGHT AWAY IF:**
 - Cramps last longer than one hour
 - You’re on a low-sodium diet
 - You have heart problems

HEAT RASH

- Red clusters of small blisters that look like pimples on the skin usually located on the neck, chest, groin, or in elbow creases
 - May cause itching and reduce sweating around the affected area
- Stay in a cool, dry place
 - Keep the rash dry
 - Use powder (like baby powder) to soothe the rash

