

## The OSHA Guide For

# Heat-Related Illness

This information is intended only as a memory aid and should not replace the advice of a medical professional. When in doubt, dial 9-1-1 immediately.

## HEAT EXHAUSTION

### SYMPTOMS

- Cool, moist skin
- Heavy sweating
- Headache
- Nausea or vomiting
- Dizziness
- Light headedness
- Weakness
- Thirst
- Irritability
- Fast heart beat

### FIRST AID

- Have worker sit or lie down in a cool, shady area
- Give worker plenty of water or other cool beverages to drink
- Cool worker with cold compresses/ice packs
- Take to clinic or emergency room for medical evaluation or treatment if signs or symptoms worsen or do not improve within 60 minutes.
- Do not return to work that day

## HEAT STROKE

### SYMPTOMS

- Confusion
- Fainting
- Seizures
- Excessive sweating or red, hot, dry skin
- Very high body temperature

### FIRST AID

#### CALL 9-1-1. WHILE WAITING FOR HELP:

- Place worker in shady, cool area
- Loosen clothing, remove outer clothing
- Fan air on worker; cold packs in armpits
- Wet worker with cool water; apply ice packs, cool compresses, or ice if available
- Provide fluids (preferably water) as soon as possible
- Stay with worker until help arrives

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