



Heat-Related Illness Symptoms

At times, workers may be required to work in hot environments for long periods. When the human body is unable to maintain a normal temperature, heat-related illnesses can occur and may result in death. Learn to recognize the symptoms of heat stress and know how to protect yourself when you're working in the summer heat.

Heat Rash is the most common problem in hot work environments and is caused by sweating. Looking like a red cluster of pimples or small blisters, heat rash usually appears on the neck, upper chest, in the groin, under the breasts and in elbow creases.

Heat Cramps are muscle pains usually caused by physical labor in a hot work environment. Heat cramps are caused by the loss of body salts and fluid during sweating.

Heat Exhaustion ranges from mild to severe and is one of the most serious heat-related illnesses. Symptoms of heat exhaustion:

- Headache
- Nausea
- Dizziness
- Weakness
- Irritability
- Thirst
- Heavy sweating
- Elevated body temperature
- Decreased urine output

Heat Stroke is the most serious heat-related health illnesses and is a medical emergency that may rapidly result in death Heat stroke occurs when the body's temperature regulating system fails and body temperature rises to critical levels.

Symptoms of heat stroke include:

- Confusion
- Loss of consciousness
- Seizures
- Very high body temperature
- Hot, dry skin or profuse sweating

Keep an eye on your co-workers. If they exhibit signs of heat-related illness, get them prompt medical attention. While waiting for help, move them to a cool area, loosen or



remove clothing, apply cool wet cloths, and give them cool water to drink. Taking quick action can be the difference between preventing a fatality and attending a funeral.

**SAFETY REMINDER It is possible - and dangerous - to drink too much water.
Never force yourself to drink water, instead use common sense.**