



Heat Illness First Aid

Hot summer months pose special hazards for outdoor workers who must protect themselves against heat, sun exposure, and other hazards. Employers and employees should know not only the symptoms of heat-related illnesses, but also what to do in the event we, or one of our coworkers, exhibit those symptoms on the job.

Heat Rash First Aid

- The best treatment for heat rash is to provide a cooler, less humid work environment.
- The rash area should be kept dry.
- Powder may be applied to increase comfort.
- Ointments and creams should not be used on a heat rash. Anything that makes the skin warm or moist may make the rash worse.

Heat Cramps First Aid

- Have worker rest in shady, cool area
- Worker should replace fluid loss by drinking water and having a snack, and/or carbohydrate-electrolyte replacement liquids (e.g., sports drinks) every 15 to 20 minutes.
- Wait a few hours before allowing worker to return to strenuous work
- Have worker seek medical attention if cramps don't go away within 60 minutes
- Get medical help if the worker has heart problems or is on a low sodium diet.

Heat Exhaustion First Aid

- Have worker sit or lie down in a cool, shady area
- Cool worker with cold compresses/ice packs
- Encourage frequent sips of cool water. If the worker is unable to drink, get emergency medical help immediately.
- Do not return to work that day
- Workers with signs or symptoms of heat exhaustion should be taken to a clinic or emergency room for medical evaluation and treatment if symptoms worsen or do not improve within 60 minutes

Heat Stroke First Aid

Heat Stroke is a life-threatening emergency! While the following first aid measures are being implemented, call 911 and get emergency medical help.

- Make sure that someone stays with the worker until help arrives.
- Move the worker to a shaded, cool area and remove outer clothing.
- Wet the worker with cool water and circulate the air to speed cooling.



- Place cold wet cloths or ice all over the body or soak the worker's clothing with cold water.

Keep an eye on your co-workers. If they exhibit signs of heatrelated illness, get them prompt medical attention and be sure that management is informed quickly. Heat exhaustion can move very rapidly into Heat Stroke, so awareness of the heat, the heat index, and each other can help to ensure that everyone makes it home for dinner each day.

SAFETY REMINDER

Set up a buddy system if possible; if not, check routinely (several times an hour) to make sure workers are making use of water and shade and not experiencing heat-related symptoms.