

People who are exposed to extreme heat or work in hot environments can be at risk for heat stress. This includes those working indoors where such conditions are possible. Heat stress occurs when the body is exposed to heat for extended periods of time, resulting in the inability for the body to maintain normal body temperature, which can lead to various heat illnesses. This sheet provides information on measures that people can take to prevent illness and death caused by heat stress.

Heat Illness: Prolonged exposure to heat can result in the following illnesses.



Heat Stroke - Occurs when the body's temperature control system stops working. This results in a body temperature greater than 104°F. This is a medical emergency and can cause organ damage, brain damage, and even death. Get help immediately!

Symptoms:

- Hot, dry skin (no sweating)
- Confusion, dizziness, seizures, unable to think

Treatment

- Get medical help immediately
- Do what you can to cool the person down



Heat Exhaustion- Occurs when the body loses excessive water, salt, or both and leads to an increase in body temperature. When it is left untreated it can lead to heat stroke.

Symptoms:

- Headache, dizziness, fainting, confusion
- Thirst, nausea, or vomiting
- Slightly elevated body temperature
- Heavy sweating

Treatment

- Rest in cool place
- Drink plenty of water or electrolyte drinks



Heat Cramps

Symptoms:

- Painful muscle cramps caused by loss of water and salt through sweat

Treatment

- Drink fluids with electrolytes to help replace what you have sweat out



Heat Rash

Symptoms:

- Red bumpy rash caused by excessive sweating

Treatment

- Cool down the body

Prevention: Some key things that can be done to prevent heat illness include

- Staying hydrated
- Water is important as well as sports drinks to help replace electrolytes that you sweat out
- Take breaks
- Take time to adapt
- Adjust start time
- Know the signs and symptoms
- Have an emergency plan