

Protect Yourself from Heat Stress

Exposure to heat can cause illness and death. The most serious heat illness is heat stroke. Other heat illnesses, such as heat exhaustion, heat cramps and heat rash, should also be avoided.

Awareness is the key to staying safe any time temperatures are high.



Factors Leading to Heat Stress

- High temperatures in the workplace
- Humidity; direct sun on building or workforce
- Enclosed work space
- Limited air movement
- Physical exertion
- Rapid work processes without break
- Poor physical condition
- Lack of fluids

Prevention

- Drink plenty of fluids.
- Wear light-colored, loose-fitting clothing.
- Take frequent breaks in a shaded area.
- Know your fitness condition.

Symptoms

- Dizziness, lightheadedness, feeling faint
- Cramps, nausea, and chills
- Headache
- Confusion

What To Do If Symptoms Occur

- Control the environment.
- Find shady areas.
- Adjust break schedules.
- Increase air movement (fans).
- Reduce physical demands of work.
- Contact supervisory staff if you need assistance.

**If the individual is not alert or loses consciousness,
CALL 911 IMMEDIATELY.**