## Heat-Related Illnesses

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<th>Heat Illness</th>
<th>Description</th>
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| **Heat Rash** | Areas of the skin itch intensely and often feel prickly and swollen due to overheating. Sweat glands get plugged due to too much heat, humidity, and sweat.                                                               | • Keep skin clean and dry  
• Rest in a cool area  
• Drink water  
• Change clothes frequently to stay dry |
| **Heat Cramps** | Painful muscle cramps, usually in the legs or near the stomach (abdomen), are caused by losing too much salt through sweating. This is a warning that more serious heat illness can develop.                           | • Take rest breaks in a cooler environment  
• Drink water  
• Remove any personal protective equipment and loosen tightfitting clothing  
• If possible, have the worker lie down |
| **Heat Exhaustion** | When fluids are not replaced, excessive loss of water and salt occurs through sweating. The person may become tired, weak and dizzy and have damp or clammy skin. This is a serious condition.                           | • Have the worker rest in a cool area and drink water if they are not nauseous  
• If possible, have worker lie down with knees raised  
• Loosen the worker’s clothing  
• Seek medical aid  
• Notify your supervisor |
| **Heat Stroke** | This is a life-threatening condition in which the body’s core temperature rises above 105°F (41°C) and vital functions begin to break down, including the worker’s mental functions. Without immediate medical help, heat stroke may result in permanent brain damage or death. | MEDICAL EMERGENCY: Seek immediate medical help!!!  
• Remove the worker to a cool area  
• Loosen clothing; put a cool, wet cloth under the person’s armpits and on the groin; and use a fan to create air movement  
• Avoid extreme cold because the body can go into shock  
• DO NOT take the person to the hospital in a hot car! Call an ambulance |