

## Heat-Related Illnesses

| Heat Illness  | Description  | Treatment   |
|---|--|---|
| <p style="text-align: center;"><b>Heat Rash</b></p>       | <p>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.</p>   | <ul style="list-style-type: none"> <li>• Keep skin clean and dry</li> <li>• Rest in a cool area</li> <li>• Drink water</li> <li>• Change clothes frequently to stay dry</li> </ul>  |
| <p style="text-align: center;"><b>Heat Cramps</b></p>     | <p>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.</p>  | <ul style="list-style-type: none"> <li>• Take rest breaks in a cooler environment</li> <li>• Drink water</li> <li>• Remove any personal protective equipment and loosen tightfitting clothing</li> <li>• If possible, have the worker lie down</li> </ul>   |
| <p style="text-align: center;"><b>Heat Exhaustion</b></p> | <p>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.</p>  | <ul style="list-style-type: none"> <li>• Have the worker rest in a cool area and drink water if they are not nauseous</li> <li>• If possible, have worker lie down with knees raised</li> <li>• Loosen the worker's clothing</li> <li>• Seek medical aid</li> <li>• Notify your supervisor</li> </ul>   |
| <p style="text-align: center;"><b>Heat Stroke</b></p>     | <p>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.</p> | <p><b>MEDICAL EMERGENCY: Seek immediate medical help!!!</b></p> <ul style="list-style-type: none"> <li>• Remove the worker to a cool area</li> <li>• Loosen clothing; put a cool, wet cloth under the person's armpits and on the groin; and use a fan to create air movement</li> <li>• Avoid extreme cold because the body can go into shock</li> <li>• DO NOT take the person to the hospital in a hot car! Call an ambulance</li> </ul> |