

Heat-Related Illnesses

Heat Illness	Description	Treatment
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.	<ul style="list-style-type: none"> • 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.	<ul style="list-style-type: none"> • 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.	<ul style="list-style-type: none"> • 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.	<p>MEDICAL EMERGENCY: Seek immediate medical help!!!</p> <ul style="list-style-type: none"> • 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