



HEAT STRESS

Know the Signs - Act Fast - Save Lives

● Heat Cramps

Signs: Painful muscle cramps and spasms, heavy sweating, normal body temperature

► **First Aid:** Rest in cool area. Drink water or electrolyte solution. Gently stretch cramped muscles.

⚠ Heat Exhaustion

Signs: Headache, nausea, dizziness, weakness, heavy sweating, cool and moist skin, fast/weak pulse, muscle cramps

► **First Aid:** Move to cool area. Loosen clothing. Apply cool, wet cloths. Sip water slowly. Seek medical attention if symptoms worsen.

☑ Heat Stroke - LIFE THREATENING

Signs: Confusion, slurred speech, hot and dry skin (no sweating), loss of consciousness, body temp 104°F+ (40°C+), seizures

► **First Aid:** CALL 911 IMMEDIATELY. Move to cool area. Cool worker rapidly with ice or cold water. Do NOT give fluids if unconscious.

☎ Heat stroke is a medical emergency - CALL 911 IMMEDIATELY

✓ Prevention Tips

- **Hydrate:** Drink water every 15-20 minutes, even if not thirsty (about 1 cup every 15 min)
- **Rest:** Take breaks in shaded or air-conditioned areas
- **Acclimate:** Gradually increase workload over 7-14 days for new or returning workers
- **Buddy system:** Watch coworkers for signs of heat illness
- **Clothing:** Wear lightweight, light-colored, loose-fitting clothing
- **Schedule:** Perform heavy work during cooler parts of the day when possible