



WARNING SIGNS

Recognize the warning signs of symptoms and heat-related illnesses: Headache, dizziness, fainting, weakness, wet skin, irritability, confusion, thirst, nausea, vomiting

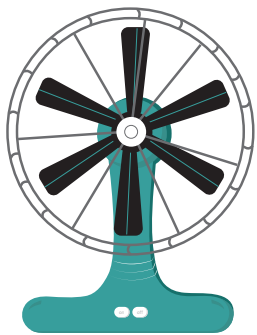


STAY HYDRATED

Drink water every 15 minutes—don't wait until you're thirsty

Don't drink liquids that contain alcohol or large amounts of sugar—these actually cause you to dehydrate

Alternate water with sports drinks to help replace electrolytes



STAY COOL

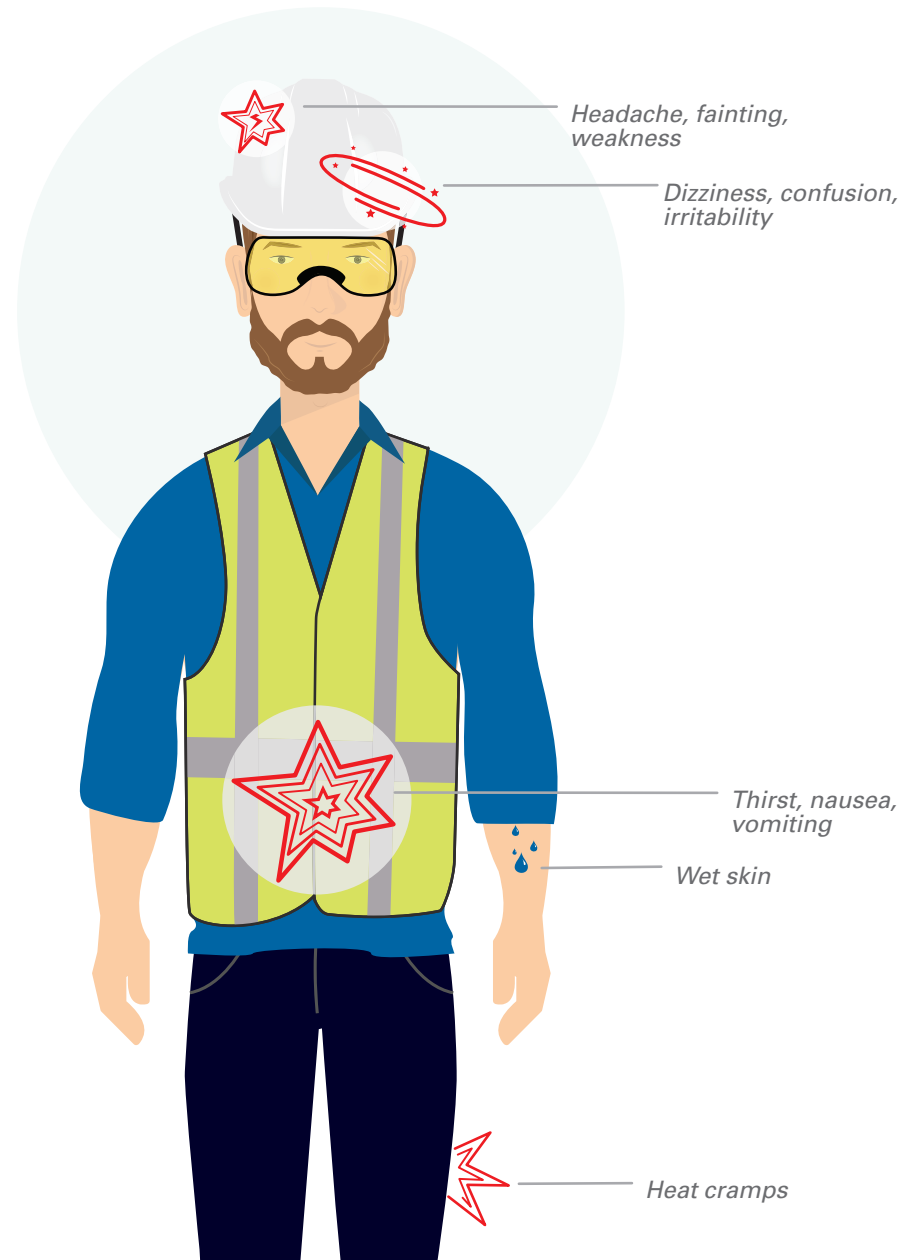
Give your body time to slowly acclimate to the weather

Schedule frequent rest periods in cool, shaded areas

Limit sun exposure and time in high temperatures

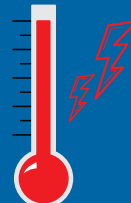
Schedule strenuous or lengthy jobs for cooler hours

Wear loose, lightweight clothing and a wide-brimmed hat



HEAT EXHAUSTION

can develop after several days of exposure to high temperatures and inadequate fluid intake



HEAT CRAMPS

muscle spasms in the abdomen, arms or legs



HEAT STROKE

occurs when the body is unable to regulate its temperature and can cause death or permanent disability if emergency treatment is not provided. Worker could become confused, unable to think clearly, pass out, collapse or have seizures

RISK FACTORS



Waterproof clothing can increase temperature



Too much alcohol or caffeine, lack of sleep, and eating disorders can lead to heat-related illness



Poor physical condition, health problems and certain medications can increase risk

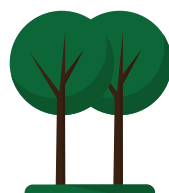


Know the signs—monitor yourself and use a buddy system

HOW TO REACT IF A WORKER BECOMES OVERHEATED



Call a supervisor or co-worker—if they are not available, call 911



Move them to a cool, shaded area



Fan and mist the worker to cool them down. Remain with them until help arrives

If a worker is not alert or seems confused, this may be heat stroke. CALL 911 IMMEDIATELY.