



PREVENTION CHECKLIST

STEPS	FACTORS
REDUCE THE RISK	Good nutrition, good physical condition and sufficient sleep are necessary to reduce the risk of heat illness.
REDUCE EXPOSURE	Increase cool air velocity. Reduce humidity. If and when possible, rotate between hot and cool jobs.
CLOTHING	Wear light, loose-fitting, light-colored cotton clothing.
ACCLIMATIZE YOURSELF	If you are on a new job, or have been away for more than a week, work into the job. It may take a week or two.
INCREASE WATER INTAKE	DO NOT depend on your thirst. Drink water frequently throughout the day - 1 cup every 15 to 20 minutes.
ENERGY DRINKS	Avoid energy drinks due to caffeine and high sugar content.
SALT INTAKE	Salt intake IS NOT usually recommended. Check with your doctor BEFORE taking any salt.

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ADDITIONAL RISK FACTORS

- Overweight
- Heart trouble
- Kidney & liver disease
- Uncontrolled diabetes
- Skin rash-large area
- Prior heat stroke
- Convulsions, epilepsy, or seizures
- Alcohol or drug intake
- Fever from any cause
- Uncontrolled high blood pressure
- Prescription & over-the-counter meds such as water pills (diuretics), anti-depressants and anxiety medication, allergy medications (antihistamines), or any other medications

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RECOGNITION AND FIRST AID

SIGNS	FIRST AID
HEAT SYNCOPE <ul style="list-style-type: none"> • Dizziness • Fainting 	Rest lying down, elevating legs. Move to cooler area. Have evaluation in Medical before returning to work.
HEAT CRAMPS <ul style="list-style-type: none"> • Painful muscle cramps occur during or after hard work. 	Rest in cooler area. Have evaluation in Medical before returning to work.
HEAT EXHAUSTION <ul style="list-style-type: none"> • Extreme weakness, fatigue, nausea, headache, vomiting or cramps may occur. Skin feels wet and moist. May progress to heat stroke if not treated. 	REMOVE FROM HEAT. Transport to Medical.
HEAT STROKE <ul style="list-style-type: none"> • Skin is hot, dry, red, no sweating, confused. May have convulsions or be unconscious. High body temperature. Life-threatening MEDICAL EMERGENCY requiring immediate attention. 	REMOVE FROM HEAT. Cool immediately by soaking clothing or immersing body in cold water and vigorously fan the victim. Immediately call a doctor and an ambulance. Start CPR if breathing stops.

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UNDERSTANDING HEAT ILLNESS

Under conditions of high heat, a person's body may have trouble regulating its temperature. As a result, the body overheats and you suffer some form of heat illness. Heat illness can be moderate or severe and may come suddenly. Advanced stages of heat illness could be life-threatening.

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HEAT STRESS

It's All
About
Prevention...



HEAT RASH



HEAT CRAMPS



HEAT EXHAUSTION



EVAPORATION



HIGH ENERGY WORK



HEAT STROKE

HEAT STRESS PREVENTION CHECKLIST

- REDUCE YOUR RISK:** Drink fluids regularly, eat healthy, get enough sleep and maintain good physical condition.
- REDUCE EXPOSURE:** Use fans, when appropriate, to increase cool air velocity. Take your breaks in a cool area when possible. If and when possible, rotate between cool and hot jobs.
- WEAR APPROPRIATE CLOTHING:** Light, comfortable, light-colored clothing helps keep you cooler and helps your body perspire.
- GET A MEDICAL EVALUATION:** If you experience any signs of heat illness or have any medical condition that may increase your risk to heat illness.

