

# WARNING SIGNS OF HEAT EXHAUSTION & HEAT STROKE

## HEAT EXHAUSTION

### Signs

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- Sweating Profusely
- Pale, Clammy Skin
- Normal Body Temperature (up to 104° F)

### Symptoms

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- Giddy and Nervous
- May Vomit or Faint
- Possible Abdomen or Limb Cramping

### Response

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- Have Employee Lie Down in Cool Place
- Sip Cool Water
- Loosen Clothing
- Massage Cramps
- Call a Doctor (\*\* If Vomiting, Seek Medical Attention Immediately)

## HEAT STROKE

### Signs

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- Flushed, Dry Skin (No Sweating)
- Rapid Heartbeat
- Loud, Rapid Breathing
- High Body Temperature (104° F or higher)

### Symptoms

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- Dizziness, Headache
- Confusion, Convulsions
- Delirium or Unconsciousness

### Response

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- Call 911
- Douse Employee with Water or Place in Tub of Luke Warm Water (bring temperature down slowly)
- Massage Employee's Hands and Feet toward the Heart to Stimulate Circulation (repeat process if there is a rise in temperature)

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## PREVENTION:

- If you are not used to working in the heat, start out slowly (acclimation takes up to 2 weeks or more)
- Drink plenty of water. At least 8ozs every 20-30 minutes
- Avoid alcohol, caffeine and carbonated drinks
- Eliminate or reduce heavy, high-fat foods from your diet
- Get plenty of rest
- Wear loose fitting, light colored clothing and a hat applicable to the jobsite or job requirements
- Pay attention to the warning signs listed above
- Take a break if you are not feeling well
- Watch for warning signs in your co-workers