HEAT RELATED ILLNESS

“Heat related illness” refers to both heat exhaustion and heat stroke. There is a significant difference between the two – if heat exhaustion is not treated the illness may advance to heat stroke, which is an IMMEDIATE medical emergency. Early recognition and early intervention is vital!

Signs of Heat Related Illness
- Headaches / Dizziness / Light Headedness
- Weakness
- Mood changes
- Feeling sick / Vomiting
- Fainting / Passing out
- Pale, clammy or dry skin; or hot, red skin

How to Treat Heat Related Illness
*** If heat stroke is suspected, call 911 immediately ***
- Move the person to a cool shaded area to rest.
- Loosen and remove heavy clothing
- Have the person drink a small cup of water or electrolyte solution (Gatorade, PowerAde, etc) every 15 minutes if they are alert and not feeling sick.
- Try cooling the skin with a fan or cool spray mist.
- If the person feels sick, lay them on their side.
- Stay with the person – do not leave them.
- If ice is available, place ice packs under the arm pits and groin area.
- If the person does not feel better in a few minutes call 911.

The best way to treat heat related illness is to PREVENT IT!
Steps to Prevent Heat Related Illness
- Learn the signs and symptoms of heat related illness.
- Drink plenty of cool water throughout the day.
- Wear light, loose-fitting, breathable (like cotton) clothing.
- Avoid eating large meals before working in hot environments.
- Avoid caffeine and alcohol, which make the body lose water.
- Be careful of medications that can have adverse affects when working in hot environments.
- Keep an eye on those around you and have them do the same.
- If possible, take frequent breaks in cool shaded areas.

*this poster is courtesy of The Industrial Athlete, Inc.
Re-posted by Steward Observatory, June 20, 2016