**Symptoms of Heat Exhaustion**
- Subnormal body temperature
- Moist, clammy skin
- Fatigue
- Headache

**Symptoms of Heat Stroke**
- Very high body temperature
- Hot, dry, flushed skin
- Deep, rapid breathing
- Rapid, weak pulse
- Confusion, irrational behavior
- Dizziness
- Convulsions
- Vomiting
- Unconsciousness

**Heat Exhaustion First Aid**
- Move the victim to a cool place
- Keep the victim lying down
- Cool the victim by applying cold packs, wet towels or clothes
- If the victim is fully conscious, give him/her cold water
- If no improvement is noted within 30 minutes, seek medical attention

**Heat Stroke First Aid**
- Seek medical attention immediately. ALL heat stroke victims need hospitalization.
- Move the victim to a cool place
- Remove or loosen heavy clothing
- Cool the victim by any available means
- Place ice packs or wet towels in high blood flow areas such as neck and armpits
- Seizures may occur, so be prepared
- Do not leave the victim

**Heat Exhaustion Prevention**
- Stay hydrated: Drink before you feel thirsty. You need to replace the three gallons of sweat you can lose working outside for a full day.
- Acclimatize: Take it easy the first few days of working in at a new level of heat. Gradually increase your workload.
- Be Aware: Keep an eye on your colleagues when working under hot conditions. Stop and treat symptoms as necessary.

**Heat Stress Index**
Humidity can make it feel hotter outside than the temperature gauge says it is. Using the chart below, you can look up what the temperature feels like based on the actual temperature and humidity. Orange is a danger zone for heat illness and red is extreme danger. There are some risk factors that lower the apparent temperature that is a danger zone for you. If anything below applies to you, make sure you are extra careful when there is a chance for heat related illness.

- Wearing Protective Clothing
- High blood pressure, heart disease
- Certain medications
- General lack of wellness
- Prior heat stress
- Pregnancy

**Heat Stroke Prevention**
- Early Warning Signs
  - Headaches
  - Dizziness
  - Lightheadedness
  - Weakness
  - Irritability

**Sources:**
- Arizona Division of Occupational Health and Safety (ADOSH)
- Center for Disease Control and Prevention (CDC)
- EHS Today Magazine (Environment, Health, and Safety)
- National Ag Safety Database

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