



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.
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