



**KNOWING THE SIGNS AND PREVENTING HEAT ILLNESS**

**Every year, thousands of workers become sick from exposure to heat, and some even die.** These illnesses and deaths are preventable.

**Who is affected?** Workers exposed to hot and humid conditions are at risk of heat illness, especially those who do landscaping work, heavy outside equipment users and road work.

**What is heat illness?** The body normally cools itself by sweating. During hot weather, especially with high humidity, sweating isn't enough. Body temperature can rise to dangerous levels if precautions are not taken. Heat illnesses range from heat rash and heat cramps to heat exhaustion and heat stroke. Heat stroke can result in death and requires **immediate medical attention**.

**How can heat illness be prevented?** Drink water often. Rest in the shade, take frequent breaks. Limit the time you spend in the heat. Employers should include these prevention steps in worksite training and plans. It's important to know and look out for the symptoms of heat illness in yourself and others during hot weather. Please review the chart listed below:

The chart shown below describes **symptoms** and **first aid measures** to take if a worker is experiencing a heat-related illness.

Illness	Symptoms	First Aid*
Heat stroke	<ul style="list-style-type: none"> <li>▪ Confusion</li> <li>▪ Fainting</li> <li>▪ Seizures</li> <li>▪ Excessive sweating or red, hot, dry skin</li> <li>▪ Very high body temperature</li> </ul>	<ul style="list-style-type: none"> <li>▪ Call 911</li> </ul> <p style="text-align: center;">While waiting for help:</p> <ul style="list-style-type: none"> <li>▪ Place worker in shady, cool area</li> <li>▪ Loosen clothing, remove outer clothing</li> <li>▪ Fan air on worker; cold packs in armpits</li> <li>▪ Wet worker with cool water; apply ice packs, cool compresses, or ice if available</li> <li>▪ Provide fluids (preferably water) as soon as possible</li> </ul>

		<ul style="list-style-type: none"> <li>▪ Stay with worker until help arrives</li> </ul>
Heat exhaustion	<ul style="list-style-type: none"> <li>▪ Cool, moist skin</li> <li>▪ Heavy sweating</li> <li>▪ Headache</li> <li>▪ Nausea or vomiting</li> <li>▪ Dizziness</li> <li>▪ Light headedness</li> <li>▪ Weakness</li> <li>▪ Thirst</li> <li>▪ Irritability</li> <li>▪ Fast heart beat</li> </ul>	<ul style="list-style-type: none"> <li>▪ Have worker sit or lie down in a cool, shady area</li> <li>▪ Give worker plenty of water or other cool beverages to drink</li> <li>▪ Cool worker with cold compresses/ice packs</li> <li>▪ Take to clinic or emergency room for medical evaluation or treatment if signs or symptoms worsen or do not improve within 60 minutes.</li> <li>▪ Do not return to work that day</li> </ul>
Heat cramps	<ul style="list-style-type: none"> <li>▪ Muscle spasms</li> <li>▪ Pain</li> <li>▪ Usually in abdomen, arms, or legs</li> </ul>	<ul style="list-style-type: none"> <li>▪ Have worker rest in shady, cool area</li> <li>▪ Worker should drink water or other cool beverages</li> <li>▪ Wait a few hours before allowing worker to return to strenuous work</li> <li>▪ Have worker seek medical attention if cramps don't go away</li> </ul>
Heat rash	<ul style="list-style-type: none"> <li>▪ Clusters of red bumps on skin</li> <li>▪ Often appears on neck, upper chest, folds of skin</li> </ul>	<ul style="list-style-type: none"> <li>▪ Try to work in a cooler, less humid environment when possible</li> <li>▪ Keep the affected area dry</li> </ul>

For additional information contact risk management services at **1- 800-228-0986** and select “**safety and risk control**” from the available options.

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