



# Prevent Heat Related Injuries

## Heat Stress

When the body is unable to cool itself by sweating, several heat-induced illnesses such as heat stress or heat exhaustion and the more severe heat stroke can occur, and can result in death.

## Factors Leading to Heat Stress

High temperature and low humidity; **direct sun or heat**; limited air movement; physical exertion; poor physical condition; some medicines; and inadequate tolerance for hot workplaces.

## Symptoms of Heat Exhaustion

- Headaches, dizziness, lightheadedness or fainting
- Weakness and moist skin
- Mood changes such as irritability or confusion
- Upset stomach or vomiting

## Symptoms of Heat Stroke

- Dry, hot skin with no sweating
- Mental confusion or losing consciousness
- Seizures or convulsions

## Preventing Heat Stress

- Know signs/symptoms of heat-related illnesses; monitor yourself and coworkers
- Block out direct sun or other heat sources
- Use cooling fans/air-conditioning; rest regularly
- Drink lots of water; about 1 cup every 15 minutes
- Avoid caffeinated drinks and or heavy meals. Caffeinated drinks can deplete your red blood cells which carries your oxygen

## What to Do for Heat-Related Illness

- Seek assistance at once

### **While waiting for help to arrive:**

- Move to a cool, shaded area
- Loosen or remove heavy clothing. Provide cool drinking water
- Fan and mist the person with water

SOURCE: Occupational Safety & Health Administration. Retrieved on June 1, 2011 from:  
[http://www.osha.gov/pls/oshaweb/owadisp.show\\_document?p\\_table=NEWS\\_RELEASES&p\\_id=11432](http://www.osha.gov/pls/oshaweb/owadisp.show_document?p_table=NEWS_RELEASES&p_id=11432)