

Stay Heat-Safe at Work



Take Action When Symptoms and Signs of Heat-Related Illness Occur

Closely Monitor

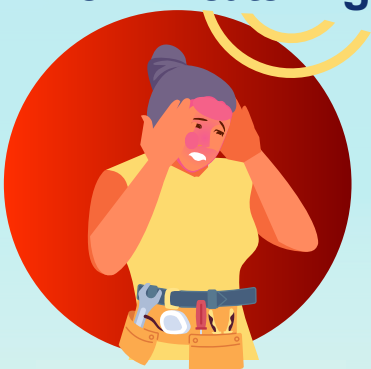
Act Fast, Stay with Worker

Mild

Serious

Very Serious

Life - Threatening



Heat Rash

Heat Cramps

Heat Exhaustion

Heat Stroke

Red clusters on the skin
(usually on the neck, chest,
groin, or in elbow creases)

Heavy sweating
Muscle pain or spasms

Body temperature at 101-
104
Heavy sweating
Nausea or vomiting
Headache
Fainting or dizziness
Tiredness or weakness

High body temperature at or
above 104
Red, dry, or damp skin
Nausea or vomiting
Headache
Dizziness
Confusion
Unconsciousness

Keep the rash dry
Stay in a cool dry place
Wear breathable clothing

Stop physical activity
Move to a cool place
Drink water or sport drink

Move to a cool place
Use cool cloths or a cool bath
Sip cool water
Loosen clothes

CALL 9-1-1
Move to a cool place
Use cool cloths or a cool bath
DO NOT give anything by mouth

***Get medical help if heat cramps or heat exhaustion symptoms don't improve or last longer than 1 hour.**