

## Heat Injuries and Illnesses Symptoms and Treatment

### Heat Rash

#### Symptoms:

Heat rash looks like a red cluster of pimples or small blisters and its more likely to occur on the neck and upper chest.

#### First Aid:

- Should try to work in a cooler, less humid environment when possible
- Should kept the affected area dry.
- May use powder to increase comfort.



### Heat Cramps

#### Symptoms:

Muscle pain or spasms usually in the abdomen, arms, or legs.

#### First Aid:

Employee with heat cramps should:

- Stop all activity and sit in a cool place.
- Drink plenty of fluids/water.
- Do not return to strenuous work for a few hours after the cramps subside because further exertion may lead to heat exhaustion or heat stroke.



### Heat Exhaustion

#### Symptoms:

Heat exhaustion symptoms include:

- Heavy sweating
- Extreme weakness or fatigue
- Dizziness or confusion
- Nausea,
- Clammy, moist skin
- Pale or flushed complexion
- Muscle cramps
- Slightly elevated body temperature
- Fast and shallow breathing

#### First Aid:

- Have them rest in a cool, shaded, or air-conditioned area
- Drink plenty of water
- Cool shower, bath, or sponge bath.



### Heat Stroke

#### Symptoms:

Symptoms of heat stroke include the following:

- Hot, dry skin or profuse sweating
- Hallucinations
- Chills
- Throbbing headache
- High body temperature
- Confusion / dizziness
- Slurred speech

#### First Aid:

- Call emergency number and notify supervisor
- Move the sick employee to a cool shaded area
- Cool the employee using the following methods: soaking their clothes with water, spraying, sponging, or fanning their body.





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