

Stay Heat-Safe at Work

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

Closely Monitor

Mild



Heat Rash

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

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

Serious



Heat Cramps

Heavy sweating
Muscle pain or spasms

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

Act Fast, Stay with Worker

Very Serious



Heat Exhaustion

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

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

Life - Threatening



Heat Stroke

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

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.**