

## HEAT-RELATED ILLNESSES

Heat-related illnesses include heat stroke, heat exhaustion, heat cramps, heat rash, heat syncope and rhabdomyolysis.

**Heat Stroke** is very serious as it occurs when the body can no longer control its temperature.

*Symptoms:* Confusion; hot, dry skin; seizures; high body temperature; loss of consciousness; slurred speech; nausea; rapid heart rate; shallow breathing; and disorientation.

First Aid:

- Call 911 for emergency care.
- Move to shade or cooler area.
- Remove outer clothing.
- Cool them quickly using cold water (i.e., bath, wet cloths).

**Heat Exhaustion** occurs when the body reacts to excessive loss of water and salt through sweating.

*Symptoms:* Headache; nausea; dizziness; weakness; thirst; heavy sweating; elevated body temperature; and irritability.

First Aid:

- Take them to a clinic or emergency room for treatment.
- Move to shade or cooler area.
- Provide them cool liquids to drink.
- Remove unnecessary clothing such as hats, shoes, and socks.
- Use cool compresses.



**Heat Cramps** affect someone that sweats a lot during strenuous work. Sweating depletes the body's salt and moisture levels, and these low salt levels cause muscles to cramp.

*Symptoms:* Muscle cramps; spasms.

First Aid:

- Drink water or sports drinks.

**Heat Rash** occurs as an irritation caused by excessive sweating.

*Symptoms:* Red clusters of pimples or small blisters.

First Aid:

- Move to a cooler work environment.
- Keep the rash area dry.

**Heat Syncope** is a fainting episode or dizziness that occurs after standing too long or after standing quickly usually caused by dehydration and lack of acclimatization.

*Symptoms:* Fainting; dizziness; and light-headedness.

First Aid:

- Sit or lie down in cool area.
- Drink water or sports drinks.

**Rhabdomyolysis** is a medical condition associated with heat stress and physical activity.

*Symptoms:* Muscle cramps; dark urine; weakness; and asymptomatic.

First Aid:

- Stop activity.
- Drink water or sports drinks.
- Seek medical care.