



HEAT ILLNESS SAFETY

Recognize • Respond • Prevent



WARNING SIGNS

Heavy sweating

Dizziness

Nausea/vomiting

Headache

Muscle cramps

Weakness

Rapid heartbeat

High fever



TAKE ACTION NOW

- 1 Move to coolest available area
- 2 Remove excess clothing
- 3 Apply cool water to skin
- 4 Fan the person
- 5 Give cool water if conscious
- 6 Call supervisor immediately



PREVENTION TIPS



Drink water every 15-20 minutes



Use fans or air circulation areas



Wear light, loose clothing



Use buddy system - watch coworkers



MEDICAL EMERGENCY



If unconscious, confused, or body temperature over 103°F

CALL 911

Then notify your supervisor