

# Safety-Gram

## Title 45, Chapter 11

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# HEAT DANGER SIGNALS

### Heat Stroke

#### What to look for

- Confusion
- Fainting
- Seizures
- Excessive sweating or red, hot, dry skin
- Very high body temperature

#### What to do

**Call 911**-----While waiting for help:

- Place worker in shady, cool area;
  - Loosen clothing, remove outer clothing;
  - Fan air on worker; cold packs in armpits;
  - Wet worker with cool water; apply ice packs, cool compresses, or ice if available;
  - Provide fluids (preferably water) as soon as possible
- Stay with worker until help arrives.

### Heat Exhaustion

#### What to look for

- Cool, moist skin
- Heavy sweating
- Headache, Nausea or Vomiting
- Dizziness
- Light headedness
- Weakness
- Thirst
- Irritability
- Fast heart beat

#### What to do

- Have worker sit or lie down in a cool, shady area.
- Give worker plenty of water or other cool beverages to drink.
- Cool worker with cold compresses/ice packs.
- Take to clinic or emergency room for medical evaluation or treatment if signs or symptoms worsen or do not improve within 60 minutes.
- Do not return to work that day.

### Heat Cramps

#### What to look for

- Muscle spasms
- Pain, usually in abdomen, arms, or legs

#### What to do

- Have worker rest in shady, cool area.
- Worker should drink water or other cool beverages.
- Wait a few hours before allowing worker to return to strenuous work.
- Have worker seek medical attention if cramps don't go away.