

TYPES OF HEAT ILLNESS

Supervisors and employees are responsible for understanding the signs and symptoms of heat illness and proper first aid procedures. All signs and symptoms of heat illness must be reported to a supervisor immediately.

| | Symptoms | First Aid / Treatment |
|------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Heat rash | <ul style="list-style-type: none"> • Clusters of red bumps on skin (usually on neck, upper arms, folds of skin) | <ul style="list-style-type: none"> • Keep affected area dry • Apply powder if necessary to absorb moisture and avoid using creams • Try to work in a cooler, less humid environment when possible |
| Heat cramps | <ul style="list-style-type: none"> • Painful muscle spasms (usually in abdomen, legs, arms) | <ul style="list-style-type: none"> • Rest in cool, shady area • Drink water or other cool beverages • Wait a few hours before returning to strenuous activity • Seek medical attention if cramps worsen or do not go away |
| Heat syncope | <ul style="list-style-type: none"> • Dizziness • Fainting (short duration) • Light-headedness during prolonged standing or sudden standing from a sitting or lying position | <ul style="list-style-type: none"> • Rest in a cool, shady area • Drink water or other cool beverages • Wait a few hours before returning to strenuous activity |
| Heat exhaustion | <ul style="list-style-type: none"> • Headache • Dizziness • Cool, moist skin • Heavy sweating • Nausea or vomiting • Light-headedness • Weakness • Rapid heart beat | <ul style="list-style-type: none"> • Rest in cool, shady area • Drink water or other cool beverages • Use methods of cooling to reduce body temperature such as fans, cold compresses, and wetting clothes • Take to clinic or emergency room for medical evaluation or treatment if symptoms do not improve within 60-minutes • Do not return to work that day |
| Heat stroke | <ul style="list-style-type: none"> • Confusion • Disorientation • Staggering • Irrational behavior • Fainting • Slurred speech • Very high body temperature • Red, hot, dry skin • Seizures • Rapid heart beat | <ul style="list-style-type: none"> • This is a medical emergency. Contact emergency medical services by dialing 9-1-1 or campus police at 858-534-HELP (4357) • If possible, move the worker to a shady, cool area • Use methods of cooling to reduce body temperature such as fans, cold compresses, and wetting clothes • Stay with the worker while waiting for emergency medical services |