

Heat Safety

Heat Exhaustion:

Heat exhaustion, if untreated, may progress to deadly heat stroke. Heat stroke is very dangerous and frequently fatal. If workers show symptoms, always take this seriously and have them take a break and cool down before returning to work. Stay with them. If symptoms worsen or the worker does not recover within 15 minutes, call 911 and have them transported and medically evaluated. Do not delay transport.

Heat Exhaustion Symptoms:

Heavy sweating Exhaustion, weakness Fainting/light-headedness
Paleness Headache Clumsiness, dizziness
Nausea or vomiting Irritability

What do we do if someone is suffering from heat exhaustion?

- Move the worker to a cool, shaded area to rest; do not leave them alone.
- Loosen and remove heavy clothing that restricts evaporative cooling.
- Give cool water to drink, about a cup every 15 minutes.
- Fan the worker, spray with cool water, or apply a wet cloth to their skin to increase evaporative cooling.
- Recovery should be rapid. Call 911 if they do not feel better in a few minutes.
- Do not further expose the worker to heat that day. Have them rest and continue to drink cool water or electrolyte drinks.

Heat Stroke Symptoms:

Altered level of consciousness. Sweating may or may not be present. Red or flushed, hot dry skin.
Confusion/bizarre behavior. Convulsions before or during cooling. Collapse.
Panting/rapid breathing. Rapid, weak pulse.
Note: May resemble a heart attack.

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THANK YOU FOR WORKING SAFELY

HCC Public Safety Team 828.734.5410



Public Safety

