

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

Paleness

Nausea or vomiting

Exhaustion, weakness

Headache

Irritability

Fainting/light-headedness

Clumsiness, dizziness

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.

Confusion/bizarre behavior.

Panting/rapid breathing.

Note: May resemble a heart attack.

Sweating may or may not be present.

Convulsions before or during cooling.

Rapid, weak pulse.

Red or flushed, hot dry skin.

Collapse.

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Thank You for Working Safely

Campus Security 828.734.5410

Campus SRO 828.593.8477

Campus Safety mgreenarch@haywood.edu | 828.564.5113



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