

Illness	Symptoms	First Aid
Heat Stroke	<ul style="list-style-type: none"> • Confusion • Fainting • Seizures • Excessive sweating • Red, hot, dry skin • High body temperature 	<ul style="list-style-type: none"> • **Call 911** <p><i>While waiting for help:</i></p> <ul style="list-style-type: none"> • Help worker to shady, cool area to lie down • Loosen clothing, remove outer clothing • Fan air on worker; cold packs in armpits • Wet worker with cool water • Provide fluids (preferably water) ASAP • Stay with worker until help arrives
Heat Exhaustion	<ul style="list-style-type: none"> • Cool, moist skin • Heavy sweating • Headache • Nausea or vomiting • Dizziness • Weakness • Thirst • Irritability • Fast heartbeat 	<ul style="list-style-type: none"> • Have worker lie down in a cool, shady area • Provide cold fluids • Cool worker with cold compresses • If symptoms worsen or don't improve within 60 minutes, take worker to clinic or ER • Have worker rest for remainder of workday
Heat Cramps	<p><i>Usually occurs in abdomen, arms or legs:</i></p> <ul style="list-style-type: none"> • Muscle spasms • Pain 	<ul style="list-style-type: none"> • Have worker rest in a cool, shady area • Provide cool beverages • Have worker wait a few hours before returning to duties • If cramps don't go away, have worker seek medical attention.
Heat Rashes	<p><i>Often appear on neck, upper chest, folds of skin</i></p> <ul style="list-style-type: none"> • Clusters of red bumps on skin 	<ul style="list-style-type: none"> • Have worker take breaks as needed • When possible, worker should prioritize duties in cool and less humid environments