

HEAT STRESS AWARENESS



Heat Stroke



Heat Exhaustion



Heat Cramps



Heat Rash

Watch Out for These Signs and Symptoms

May Be Confused

Headache

Muscle Spasms or Pain

Red Bump Clusters

Slurred Speech

Dizziness or
Fainting

Legs

Neck

May Pass Out

Weakness

Arms

Upper Chest

Heavy Sweating

Wet Skin

Trunk

Skin Folds

May Have Seizures

Irritability

Fatigue

Stinging

Rapid Heart Rate

Thirst

Thirst

Prickly

Not Sweating

Nausea or Vomiting

Cramps

Not Responsive

Shade. Water. Educate. Acclimate. Take a Break.

PROTECTION:

Drink Cool Water

Drink cool water - at least 1 cup every 20 minutes.



Take Rest Breaks

Take enough time to recover from heat given the temperature, humidity, and conditions.



Find Shade or a Cool Area

Take breaks in a designated shady or cool location.



Dress for the Heat

Wear a hat and light-colored, loose-fitting, and breathable clothing if possible.



Watch Out for Each Other

Monitor yourself and others for signs of heat illness.

