

Heat stress / heat exhaustion symptoms include: rash, cramps, weakness or fatigue, dizziness, nausea, clammy skin, flushed complexion, slightly elevated body temp.

Heat stroke symptoms include hot dry skin, no sweating, high body temp, confusion, slurred speech.

If an employee is exhibiting any of the symptoms above, get them to a shaded area or air-conditioned room, provide water & medical attention.

Prevention of heat-related illness is key!

SAFETY ALERT: HEAT!

Employees who work outside:

please PROTECT YOURSELF from HEAT:

- Wear light colored, breathable clothing
- Gradually build up to heavy work
- Schedule heavy work during coolest parts of day
- Take more breaks in extreme heat & humidity
- DRINK LOTS OF WATER, at least 2 to 3 quarts a day



Heat exhaustion occurs most often when you are exposed to high temperatures and become dehydrated – usually from not drinking enough fluids.