

Avoid the Dangers of Dehydration and Heat-Related Illnesses

Heat is an environmental hazard that can cause specific illnesses, decrease productivity and increase accidents. Dehydration is the main challenge with heat-related illnesses because the body produces sweat to stay cool. No one is immune to heat-related illnesses and those who work outdoors are more likely to be exposed. Here's what you need to know so you and others can stay safe if affected.

HEAT CRAMPS

SIGNS

- Brief, periodic cramps in the arms, legs or abdomen

TREATMENT

- Take frequent breaks in activity
- Stay hydrated by drinking plenty of fluids



HEAT EXHAUSTION

SIGNS

- Tiredness, weakness and dizziness
- Headache
- Thirst
- Nausea
- Diarrhea
- Fainting
- Skin is moist

TREATMENT

- Move to a cool place
- Sip water
- Apply cool, wet cloths to the skin

If you or others experience symptoms of heat exhaustion, move to a cooler area of the worksite and report the situation to a supervisor. First aid or medical care may be necessary.



HEAT STROKE

SIGNS

- Confusion or delirium
- Loss of consciousness
- Convulsions
- Coma
- Hot or dry skin

TREATMENT

- Seek medical attention immediately, as heat stroke can be life-threatening
- Attempt to reduce temperature
- Apply ice packs and wet cloths to skin
- Place near fans or air conditioning



HEAT STROKE IS AN IMMEDIATE THREAT TO LIFE.

If you or others are experiencing symptoms of heat stroke, call for medical attention immediately and begin cooling with water or ice.

PREVENTION

Drink plenty of fluids frequently, especially water

Drink a glass of water every half hour when temperatures are high

Wear light-weight clothing | Get adequate sleep | Avoid eating heavy, fatty foods

Avoid alcohol or stimulants when performing heavy physical activity in hot temperatures



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