



- **Do** start your workday hydrated. Start your hydration the night before.
- **Do** drink one quart of water per hour and add a hydration aid in the morning and afternoon.
- **Do** eat smaller meals and eat more fruits and vegetables.
- **Do** use the buddy system. Act quickly if a co-worker shows signs of illness.
- **Do** acclimatize. May take several days or a week.
- **Do** adjust the workload. Harder tasks in the cooler hours.

- **Don't** ignore the warning signs.
- **Don't** ignore the color of your urine. Dark yellow indicates you're dehydrated. Rehydrate immediately.
- **Don't** think heat-related illness won't happen to you!
- **Don't** drink alcohol, energy drinks, caffeinated or sugary drinks.



Heat-Related Illness: Signs, Symptoms, and Treatments

Heat Rash

Clear or red bumps
Itching

Avoidance is best but once the skin is cooled, heat rash tends to clear quickly. Severe forms may require topical ointments such as calamine lotion to soothe itching. Change wet clothing as soon as practical.

Heat Cramps

Involuntary muscle cramps or spasms
Pain usually in abdomen, arms, or legs

Rest briefly and cool down. Drink clear juice or hydration aids. Practice gentle, range of motion stretching, and gentle massaging of the affected muscle group.

Heat Exhaustion

Excessive Sweating
Faintness/Weakness
Headache
Dizziness
Fatigue
Nausea
Weak, rapid pulse
Cool, moist skin with goose bumps

Move person out of the heat and into shady or air-conditioned space. Lay the person down and elevate the feet slightly. Remove restrictive clothing. Give cool water. Cool the person by spraying or sponging with cool water and fanning.

Heat Stroke

Flushed skin
Fainting
Seizures
Hot and dry skin
High body temperature
Altered mental state/Confusion
Racing heart rate

Call **911** or your local EMS for **heat stroke** and if the signs and symptoms of **heat exhaustion** don't improve quickly or worsen.

Heat Stroke is a medical emergency.

