Prevent Heat Illness

It's summertime and the heat is on. It is important to be mindful of best practices to prevent heat illness and heat stroke.

Heat Illness Symptoms

Heat illness symptoms are often mistaken as minor discomforts, when in reality they are red flags. From lesser to most severe, symptoms include:

- Decreased energy
- Light-headedness
- Flush or pale skin
- Nausea
- Headaches
- Rapid or shallow breathing
- Profuse sweating
- Confusion
- Muscle cramps
- Vomiting
- Dry skin, no sweating
- Fainting

Take Action

If someone is experiencing any sign of heat illness—take action!

- If you are experiencing early signs of heat illness, drink more fluids and get out of the sun. Sports drinks can help replenish electrolytes.
- Remove excess clothing layers.
- Move to a cool place if symptoms worsen.

- Pour cool water over the affected person. (You can use ice packs to help cool them off.)
- Lay down and raise feet.
- Call 911 if the victim is vomiting, has fainted or shows signs of confusion, aggression or any strange behavior.

Prevent Heat Illness

- Wear light-colored, loose-fitting and lightweight clothing.
- Wear a wide-brimmed hat to protect your face and neck from sun exposure.
- Wear sunscreen with an SPF of 15 or more. Reapply often—it does wear off!
- Drink plenty of water, and often. Thirst is a sign of dehydration.
- Do the most strenuous tasks early in the day when it's cooler. Avoid overexertion during the hottest parts of the day.
- Slowly acclimate to the heat by gradually spending more time outside each day.

Heat Safety App - Great for Supervisors!

The free OSHA-NIOSH Heat Safety Tool app (for Android and iPhone) calculates the heat index for your worksite and displays a risk level. It provides reminders to drink fluids and rest—and even gives information on what to do in a heat-related emergency. For more information visit https://www.osha.gov/heat

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