

## RESOURCES

In an emergency, call 911 (US) or 060 (Mexico) to receive medical attention for a Heat Illness.

For more information on Preventing Heat Stress and Illness go to [osha.gov/heat](https://www.osha.gov/heat) or contact the number below:

Occupational Safety and Health Administration (OSHA):  
1-800-321-6742

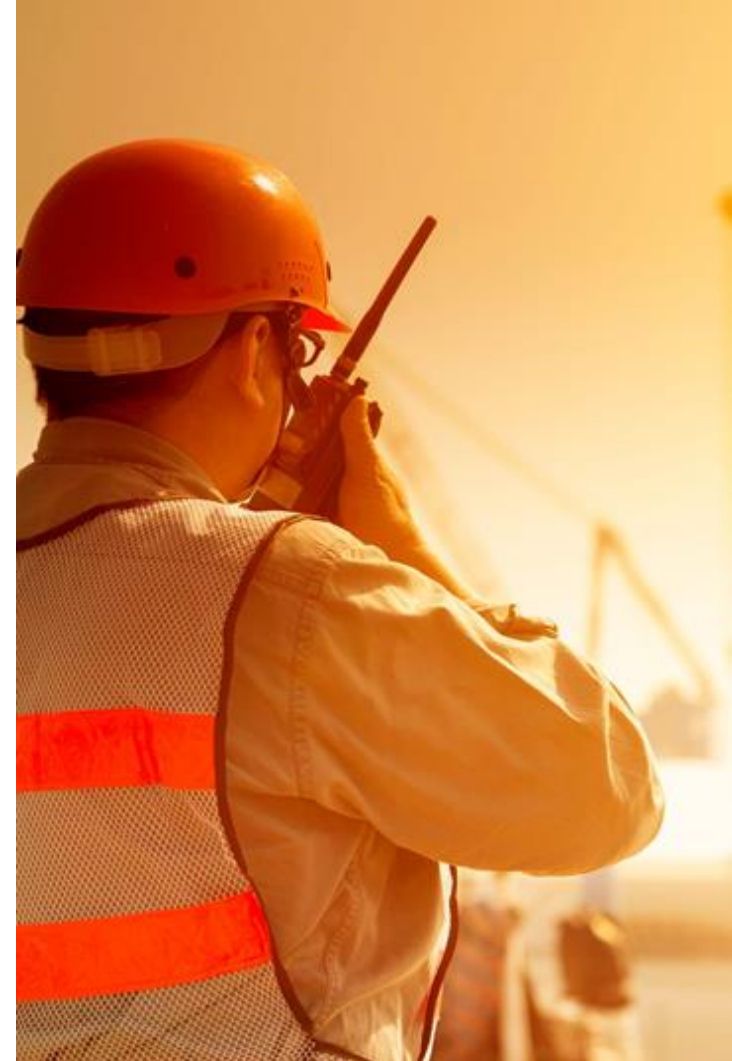


This material was produced under Susan Harwood Grant Number SH39190SH2 Occupational Safety and Health Administration, U. S. Department of Labor. The contents in this presentation do not necessarily reflect the views or policies of the U. S. Department of Labor, nor does the mention of trade names, commercial products, or organizations imply endorsement by the U. S. Government.

Registration for the Heat Related Illness Training



[https://universityofalabama.az1.qualtrics.com/jfe/form/SV\\_dhCInag5nppkXd4](https://universityofalabama.az1.qualtrics.com/jfe/form/SV_dhCInag5nppkXd4)



## HEAT ILLNESS PREVENTION

TIPS AND RESOURCES ON HOW YOU CAN PREVENT HEAT ILLNESS AT WORK.



THE UNIVERSITY OF  
**ALABAMA**



## WHAT IS HEAT ILLNESS

The body normally cools itself by sweating. During hot weather, especially with high humidity, sweating isn't enough. Body temperature can rise to dangerous levels if precautions are not taken. Heat illnesses range from heat rash and heat cramps to heat exhaustion and heat stroke. Heat stroke can result in death and requires immediate medical attention.

## WHO IS AFFECTED

Workers exposed to hot and humid conditions, particularly those doing heavy work tasks or using bulky protective clothing and equipment.

## PREVENTING HEAT ILLNESS



Remember three simple words:  
Water, Rest, Shade.



Rest in the shade



Drink Water often



Take breaks



Limit time in the heat

## SYMPTOMS OF HEAT ILLNESS

- Excessive sweating
- Extreme thirst
- Dry mouth
- Pale, moist skin
- Headaches
- Irritability
- Rapid breathing
- Cramps or nausea
- Confusion or aggressive behavior
- Seizures or convulsions
- Unresponsiveness

## HEAT EXHAUSTION FIRST AID

- Move victim to a cool place.
- Keep the victim lying down with legs straight and elevated 8-12 inches.
- Cool the victim by applying cold packs or wet towels or cloths. Fan the victim.
- Give the victim cold water if he or she is fully conscious.