



Heat Exhaustion Awareness

Why This Matters

Working in the heat can quickly lead to heat-related illnesses if proper precautions aren't taken. **Heat exhaustion** is one of the most common and dangerous conditions we face during outdoor work. Recognizing the signs early can prevent serious health problems—or even save a life.

What is Heat Exhaustion?

Heat exhaustion occurs when the body loses too much water and salt through sweat. If untreated, it can progress to heat stroke, which is life-threatening.

Common Symptoms

Watch for the following signs in yourself and your coworkers:

- Dizziness or lightheadedness
- Nausea or vomiting
- Muscle cramps
- Headache
- Heavy sweating
- Weakness or fatigue
- Cool, pale, clammy skin
- Fainting or near fainting

What To Do

If someone shows signs of heat exhaustion:

1. **Stop work immediately** and move to a shaded or air-conditioned area.
2. **Lay the person down** and raise their legs slightly.
3. **Loosen clothing** and apply cool, damp cloths.
4. **Give small sips of water.**
5. **Do not allow return to work** that day.
6. **Call 911** if symptoms worsen or do not improve quickly.

Prevention Tips

- Drink plenty of water - at least 1 cup every 15–20 minutes.
- Avoid energy drinks, soda, and alcohol before or during work.
- Wear light-colored, loose-fitting, breathable clothing.
- Take frequent breaks in the shade or cooling areas.
- Get used to the heat gradually (acclimatization).
- Watch out for each other - use the buddy system.

Multi-Employer Site Reminder

All subcontractors and employees must follow heat safety protocols. If you see signs of heat exhaustion on-site, take action and alert the supervisor. Safety is everyone's responsibility.

Key Takeaway

Hydrate, rest, and stay cool. Recognizing heat exhaustion early can prevent serious illness and keep everyone safe on the job.

