



## 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.

