

# **EFFECTS OF HEAT**

# Types of Heat Illnesses

There are five main kinds of heat illness:

1. Heat rash – often under clothing
2. Heat cramps – in arms or legs with physical labour. Can be caused by the loss of electrolytes from sweating.
3. Fainting – can occur when person not used to heat
4. Heat exhaustion – more serious effect
5. Heat stroke – **can be fatal**



# What are the most serious heat illnesses?

## Heat exhaustion and Heat stroke



Untreated **heat exhaustion** may progress to **heat stroke**.  
Symptoms of either should always be taken seriously

### Note:

**Heat exhaustion or heat stroke may develop over a few days.**

# Heat-related illness: Signs, symptoms, and response

<b>Illness</b>	<b>Signs and Symptoms</b>	<b>Response</b>
Heat rash	<ul style="list-style-type: none"><li>➤ Red blister-like eruptions/bumps</li><li>➤ Itching (prickly sensation)</li></ul>	<ul style="list-style-type: none"><li>➤ Rest in a cool place.</li><li>➤ Allow the skin to dry.</li><li>➤ Monitor for infection.</li></ul>
Heat Cramps	<ul style="list-style-type: none"><li>➤ Painful spasms</li><li>➤ Abnormal body posture</li><li>➤ Grasping the affected area</li></ul>	<ul style="list-style-type: none"><li>➤ Rest in a cool place.</li><li>➤ Drink water or a heavily diluted sports beverage.</li><li>➤ Seek medical attention if cramping is severe or does not go away.</li></ul>

# Heat exhaustion: Signs and symptoms

<b>Illness</b>	<b>Signs and Symptoms</b>
<b>Heat exhaustion</b>	<ul style="list-style-type: none"><li>➤ Headaches,</li><li>➤ Dizziness, light-headedness, or fainting</li><li>➤ Weakness,</li><li>➤ Mood changes, irritability or confusion</li><li>➤ Feeling sick to your stomach and/or vomiting</li><li>➤ Extreme sweating</li><li>➤ Decreased and dark-colored urine</li><li>➤ Pale clammy skin</li></ul>

# Heat stroke: Signs and symptoms

<b>Illness</b>	<b>Signs and Symptoms</b>
<b>Heat stroke</b>	<ul style="list-style-type: none"><li>➤ Dry, pale skin,</li><li>➤ Sweating may still be present</li><li>➤ Nausea and vomiting</li><li>➤ Hot, red skin (looks like sunburn)</li><li>➤ Mood changes, irritability, confusion, and not making any sense</li><li>➤ Seizures or fits</li><li>➤ Collapse (will not respond)</li><li>➤ High temperature (104° F or higher)</li></ul>

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## Heat exhaustion: Response

- Move the person to a cool, shaded area. Don't leave the person alone. If the person is dizzy or light-headed, lay him on his back and raise his legs about 6-8 inches. If the person is sick to his stomach, lay him on his side.
- Loosen and remove heavy clothing.
- Have the person drink some cool water (a small cup every 15 minutes) if he is not feeling sick to his stomach.
- Try to cool the person by fanning him. Cool the skin with a cool spray mist of water or wet cloth.



## Heat exhaustion: Response

- If the person does not feel better in a few minutes call for emergency help

**If heat exhaustion is not treated, the illness may advance to heat stroke.**

# Heat stroke: Response – A Medical Emergency

## ➤ **Call for emergency help**

➤ Move the person to a cool, shaded area. Don't leave the person alone. Lay him on his back and if the person is having seizures, remove objects close to him so he won't hit them. If the person is sick to his stomach, lay him on his side.

➤ Remove heavy and outer clothing.

➤ Have the person drink small amounts of cool water if he is alert enough to drink anything and not feeling sick to his stomach.

## Heat stroke: Response – A Medical Emergency

- Have the person drink small amounts of cool water if he is alert enough to drink anything and not feeling sick to his stomach.
- Try to cool the person by fanning him or her. Cool the skin with a cool spray mist of water, wet cloth, or wet sheet.
- If ice is available, place ice packs in armpits and groin area.

# Heat Exhaustion or Heat Stroke?

How do you tell the difference??

The telling difference is mental confusion/disorientation in ALL heat stroke victims.

You can ask these 3 questions.

1. "What is your name?"
2. "What day is this?"
3. "Where are we?"

If a worker can't answer these questions, assume it is heat stroke.

# Important!

Stop all activity if you become:

- ✓ Lightheaded
- ✓ Confused
- ✓ Weak
- ✓ Faint
- ✓ Or have a pounding heart or trouble breathing



**Tell your supervisor if you or one of your co-workers experience symptoms of heat-related illness.**

# Remember – to prevent heat illness:

- ✓ Drink water frequently !!
- ✓ Know the signs and symptoms of heat related illnesses and take them seriously
- ✓ Consider sports drinks when sweating a lot
- ✓ Avoid alcohol, caffeinated drinks, and heavy meals before or during work
- ✓ Work smart
- ✓ Acclimate
- ✓ Wear appropriate clothing
- ✓ Take regular breaks
- ✓ Keep an eye on your buddy!



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