



## Heat Illness Can Kill

**HEALTH & FIRST AID** 

# Excess heat causes illnesses, including:

- Heat cramps
- Heat exhaustion
- Heat stroke

These are called hyperthermia

#### **Heat can cause:**

- Inattention
- Short temper
- Dizziness

These can lead to unsafe working Humidity adds to heat effects

### Watch for signs of heat illness

- Warnings include muscle cramps
- These cramps usually occur when resting
- They mean your body lost salt

# Heat exhaustion signs include:

Exhaustion, nausea and dizziness

Other symptoms are:

- Rapid pulse
- Pale clammy skin
- Low blood pressure

Heat stroke may follow

#### Heat stroke could be fatal

- Your body's heat control stops
- Your body doesn't sweat
- Your body temperature rises
- It is a medical emergency

#### You can prevent heat illness

- Adapt gradually to hot conditions
- Drink water often (not coffee or alcohol)
- Rest frequently in cool areas
- Wear layers of light clothing
- Drink mineral beverages to replenish salt

### Be alert for heat illness signs If you suspect heat illness:

- Move victim to a cool place
- Cool by fanning or wiping with water
- Offer water to drink

If you suspect heat stroke

Call medical help immediately

Help your body keep its cool

Know and heed signs of heat illness

