

THE HAZARDS OF EXPOSURE TO SUMMER HEAT

Heat Stroke	Heat Exhaustion	Heat Cramps
Worst type of heat-related illness.	Less severe compared to heat stroke.	Mildest form of heat-related illness.
<p>Primary symptom is a body temperature higher than 105 degrees Fahrenheit or 40.6 degrees Celsius.</p> <p>Other symptoms include warm and dry skin, fever, increased heart rate, shallow breathing, loss of appetite, nausea, vomiting, throbbing headache, dizziness, light-headedness, fatigue, confusion, muscle weakness or cramps, agitation, lethargy, stupor, lack of sweating, and in worst case scenarios, seizures, coma and death.</p>	<p>Symptoms include muscle cramps, pale and moist skin, fever, nausea, vomiting, diarrhea, headache, dizziness, fatigue, weakness, anxiety, heavy sweating and rapid pulse.</p>	<p>Symptoms include painful cramps, particularly in the legs, red and moist skin and dark-colored urine.</p>
<p>First aid and treatment include: call an emergency medical service immediately or if possible take the patient to the nearest hospital; rest and staying in a cool and shady place; change to cool and comfortable clothes; fan the patient; drench skin with cool water; place ice bags or ice packs on armpits and groin area; if patient is capable, have them drink cold fluids, particularly water.</p>	<p>First aid and treatment include: rest and staying in a cool and shady place; change to cool and comfortable clothes; drink sports drinks having ample ions. If symptoms persist take the patient to the nearest hospital; IV fluid may be necessary.</p>	<p>First aid and treatment include: rest and staying in a cool and shady place; change to cool and comfortable clothes; drink sports drinks having ample ions, stretch cramped muscles.</p>

Tips for prevention:

- Stay [hydrated](#) properly with water and diluted electrolyte drinks.
- Make sure you acclimatize to your environment; if you spend all day indoors in a controlled environment you are more likely to suffer from heat related illness when you work outdoors in the heat.
- Remember to rehydrate during and after periods of work
- Wear loose comfortable clothing; synthetics are best for wicking water from the skin (consult your company rules for compliant clothing).

The nearest hospital information is a critical component of daily Job Safety Briefings. Remember, the life you save may be your own!