



Heat Stress

SIGNS & SYMPTOMS

- Confusion, altered mental status, slurred speech
- Loss of consciousness
- Hot, dry skin or profuse sweating
- Seizures
- Very high body temperature
- Nausea
- Dizziness
- Weakness

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Heat Stress

FIRST AID

- Call 911 for emergency medical care.
- Stay with the worker until emergency medical services arrive.
- Move the worker to a shaded, cool area and remove outer clothing.
- Cool the worker quickly.
- Wet the skin and/or place cold wet cloths on head, neck, armpits, and groin.
- Circulate the air around the worker to speed cooling.