# Recognizing & Responding to Heat Illness

LOW CRITICAL

perry weather

CONSTRUCTION SAFETY WEEK

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## Heat Cramps

MILD

### SIGNS & SYMPTOMS

- Muscle spasms or pain
- Usually in legs, arms, or trunk

### WHAT TO DO

Rest in shade. Drink water or an electrolyte drink. Stretch and lightly massage the affected muscle.

## Heat Exhaustion

SERIOUS

### SIGNS & SYMPTOMS

- Fatigue, irritability, or thirst
- Nausea, vomiting, or dizziness
- Heavy sweating
- Elevated body temperature or fast heart rate

### WHAT TO DO

Move to a cool area. Remove excess clothing. Apply cool, wet cloths. Sip cool water. Seek medical attention if no improvement after 15 minutes.

## Heat Stroke

CALL 911

### SIGNS & SYMPTOMS

- Core temperature > 104–105°F
- Confusion, slurred speech, or unconsciousness
- Seizures
- Excessive sweating; rapid heart rate

### WHAT TO DO

Call EMS immediately and contact your on-site medical professional so they can assess the situation. Cool the person fast using full body ice bath immersion. Do NOT give them fluids. Stay with them until help arrives.

**Call EMS — Do not delay**

### COMMON MISCONCEPTION

There is a misconception that individuals have **dry skin** during a heat stroke. This is **false**. In most cases, they will excessively sweat. Watch for **confusion**, **slurred speech**, or a body temperature at or above **104°F**.