



HEAT ILLNESS

occurs when the core body temperature is raised to a point where it can no longer regulate heat on its own. Radiant heat, air movement, and relative humidity are some environmental factors that affect the body’s response to heat. Sensitivity to heat is also influenced by individualized factors, including age, weight, degree of acclimatization, water intake levels, physical fitness, and certain medical conditions, like hypertension. It is important to know the signs, symptoms, and treatments of heat illnesses to reduce the likelihood of heat-related medical events. If the symptoms of heat stress are ignored, it can lead to heat exhaustion or heat stroke, a potentially fatal condition. For more information on the signs, symptoms, and treatments, please see the chart below.

HEAT EXHAUSTION	
SIGNS AND SYMPTOMS	TREATMENT
Dizziness	Have employee sit down or lie down in cool area
Headache	Provide cool water/beverages to drink
Muscle cramps	Cool them with cold compresses/ice packs
Nausea	Call for medical attention if symptoms last for more than 1 hour
Rapid heart rate	Do not have employee return to work that day
Sweaty skin	
Vomiting	
Weakness	
HEAT STROKE	
SIGNS AND SYMPTOMS	TREATMENT
Confusion	Call 911 and UOPD (541-346-2919). While waiting, follow the below recommendations:
Convulsions	Place employee in shady, cool area,
Fainting	Wet employee with cool water; apply ice packs, cool compress, or ice
High body temperature	Fan employee and place cold compresses in armpits,
Red, hot, and dry skin	Loosen clothing, remove outer clothing,
	Provide fluids (preferably water)

WHAT TO DO

- Download OSHA-NIOSH Heat Safety Tool, a free smartphone application with real time heat index information!
- Drink water every 15 minutes and take breaks in shaded areas.
- If your job allows, then wear a hat and light, loose clothing.
- Consult your physician if you have concerns about your sensitivity to heat.
- Look out for heat stress in yourself and others; notify your supervisor if symptoms of heat illness occur!
- Take the [Heat Illness Prevention Training](#) on MyTrack.
- For more information about the rules, please review the [Heat Illness – Regulations](#) safety sheet.
- Take CPR/First Aid training to be better prepared during heat events.
- In the event of an emergency, call **911** and **UOPD** (541-346-2919) for immediate assistance.



Scan the QR Code to download the OSHA-NIOSH Heat Safety Tool

