



## HEAT STRESS

is not the same as extreme dehydration. It develops when the body is put under pressures to the point it can no longer regulate its own heat. Many positions, both indoors and outdoors, are predisposed to heat stress because of environmental factors within the workplace. If symptoms of heat stress are ignored, it can lead to heat exhaustion or the possibly fatal condition of heat stroke. Heat exhaustion symptoms do not always show up before heat stroke. Both heat related illnesses can be avoided by taking preventative measures and being aware of the warning signs.

## SYMPTOMS:

### HEAT EXHAUSTION

- Dizziness
- Headache
- Muscle cramps
- Nausea
- Rapid heart rate
- Sweaty skin
- Vomiting
- Weakness

### HEAT STROKE

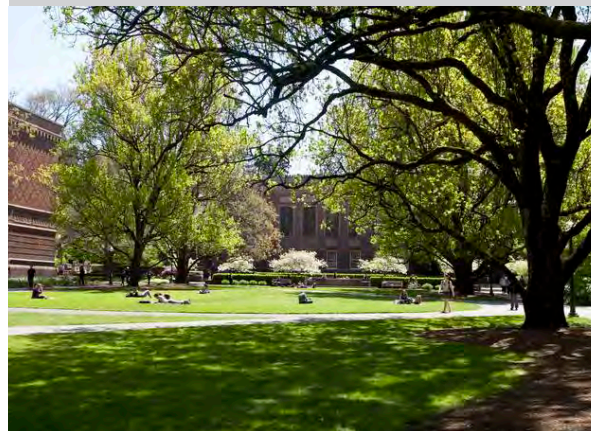
- Confusion
- Convulsions
- Fainting
- High body temperature
- Red, hot, and dry skin

## WHAT TO DO!

- Download the free OSHA-NIOSH heat safety tool app to your smartphone.
- Try to drink water every 15 minutes!
- Drink beverages with electrolytes to prevent cramping.
- Take breaks in a safe, cool, and shaded area!
- If your job allows, wear a hat and light, loose clothing.
- Look out for heat stress in yourself and others!
- Notify your supervisor if symptoms of heat stress occur!
- In an emergency, call **911** and **UOPD** (541-346-2919) for immediate assistance!



Drink water every 15 minutes!



Take breaks in safe, cool, and shaded areas!



Look out for signs of heat stress!

