

First Aid awareness and actions in the event of a heat related illness

The following chart helps employees recognize the main types of heat related illnesses, symptoms, and the appropriate treatment to reduce the effects of the heat related illness.

	Symptoms	Treatment
Heat cramps	<ul style="list-style-type: none"> • muscle spasms in legs or abdomen 	<ul style="list-style-type: none"> • move person to a cooler location • stretch muscles for cramps • give cool water or electrolyte-containing fluid to drink
Heat exhaustion	<ul style="list-style-type: none"> • headaches • clumsiness • dizziness/lightheadedness/fainting • weakness/exhaustion • heavy sweating/clammy/moist skin • irritability/confusion • nausea/vomiting • paleness 	<ul style="list-style-type: none"> • move person to a cooler place (do not leave alone) • loosen and remove heavy clothing that restricts evaporative cooling • if conscious, provide small amounts of cool water to drink • fan person, spray with cool water, or apply a wet cloth to skin to increase evaporative cooling • call 911 if not feeling better within a few minutes
Heat stroke	<ul style="list-style-type: none"> • sweating may or may not be present • red or flushed, hot dry skin • bizarre behavior • mental confusion or loss of consciousness • panting/rapid breathing • rapid, weak pulse • seizures or fits. 	<ul style="list-style-type: none"> • call 911 • move person to a cooler place (do not leave alone) • cool worker rapidly • loosen and remove heavy clothing that restricts evaporative cooling • fan person, spray with cool water, or apply a wet cloth to skin to increase evaporative cooling