PREVENTING HEAT-RELATED ILLNESS

What to Do to Keep Yourself Cool

During normal work activities, especially, during summer months, workers may be required to work in hot environments. When the body is unable to cool itself by sweating, several heat-induced illnesses can occur, and can result in death.

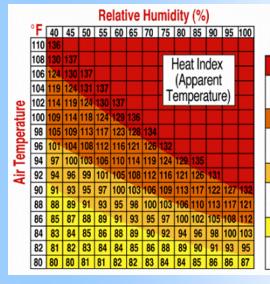
WHAT IS HEAT ILLNESS?

Heat illness can be one or more serious medical conditions like heat cramps, fainting, heat exhaustion and heat stroke that occur when your body keeps in more heat than it loses and your temperature rises.

SIGNS AND SYMPTOMS

- Discomfort
- Excessive sweating
- Headache
- Poor concentration
- Muscle Pain
- Lack of sweating
- Throwing-up
- Fainting

- Cramping
- Dizziness
- Irritability
- Blurry vision
- Coordination loss
- Confusion
- Fatigue
- Seizures



With Prolonged Exposure and/or Physical Activity

Extreme Danger

Heat stroke or sunstroke highly likely

Danger

Sunstroke, muscle cramps, and/or heat exhaustion likely

Extreme Caution

Sunstroke, muscle cramps, and/or heat exhaustion possible

Caution

Fatigue possible



A Message Brought to You By:

UCRIVERSIDE Environmental Health & Safety

Prevent . Promote . Protect

WHAT YOU CAN DO TO PREVENT HEAT ILLNESS

- Tell your supervisor immediately if you think you are getting sick from the heat
- Find a **cool resting place** when you are starting to overheat
- **Drink cool, fresh water** throughout the day (four 8-oz servings every hour)
- Don't wait until you are thirsty to drink
- **Keep track** of your co-workers
- Take a cool shower or bath after work to cool down
- Get your doctor's advice if you:
 - Have an **ongoing illness**, such as diabetes
 - Regularly take prescription medications or over-the-counter drugs
 - Follow a low-sodium diet