

HEAT STRESS SIGNS & SYMPTOMS

Summer heat waves continue to blaze on. Ensure you are prepared to take on the heat by recognizing the signs and symptoms of heat stress.



Heat Exhaustion Signs/Symptoms

- Headaches, dizziness, or fainting
- Cool, moist skin
- Upset stomach, vomiting or loss of consciousness
- Irritability or confusion
- Pale or flushed complexion
- Slightly elevated body temperature



Heat Stroke Signs/Symptoms

- Dry, hot skin with no sweating
- Body temperature is usually +105 F
- Mental confusion or losing consciousness
- Seizures or convulsions

Know the Signs & Symptoms; Monitor Yourself & Coworkers!

- Look for typical heat strain symptoms; feeling over-heated, fatigue, headache, nausea, weakness, dark concentrated urine, etc.
- Sweat that drips off your body no longer allows for cooling by evaporation; thus, unless there's another medical reason for it, this is a sign that your body is heating up.
- Check your pulse; heat stress is unlikely if your pulse rate is under 100 beats per minute after 1 minute rest.