

Heat-related illness

HEAT RASH

Symptoms: Perspiration stays on the skin too long and the sweat glands are clogged, which produces a hot, prickly sensation and small blisters.

Treatment: Allow the rash area to air dry. Next, clean with a mild soap, rinse and pat dry. Avoid irritating the skin.

HEAT CRAMPS

Symptoms: Heavy sweating, with extended period of heat exposure. The cramps result from loss of water, salt and other minerals.

Treatment: Water alone will not replenish the salt and minerals needed to prevent the heat cramps. Consume sports drinks when working in hot environments for extended periods.

HEAT EXHAUSTION

Symptoms: Heavy sweating and possible rapid breathing, blurred vision, headaches, dizziness, confusion, irritability, moist cool skin and a weak pulse. The judgement of heat exhaustion victims may become clouded and they may insist they are ok.

Treatment: Medical attention must be sought immediately. Contact your supervisor or call 911. Move the victim to a cool shaded area. Cool the victim by soaking with water or sponging with a cool wet cloth. About 8 ounces of water should be consumed every 15 minutes. Heat exhaustion can kill! Take immediate action if a co-worker has these symptoms.

HEAT STROKE

Symptoms: May not appear to be sweating and may have hot, dry skin. The internal cooling system has shut down. A heat stroke victim may become delirious or go into convulsions.

Treatment: Medical attention must be sought immediately. Contact your supervisor or call 911. Start first aid immediately. Remove outer clothing and cool the victim's entire body by spraying or sponging with a cool, wet cloth. Apply ice packs to the neck, groin and armpits if possible. This helps cool the blood which cools the body. Fan air over the victim to help create air flow until help arrives. Heat stroke can kill! Take immediate action if a co-worker has these symptoms.

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