



Public Works Tool Box Talk

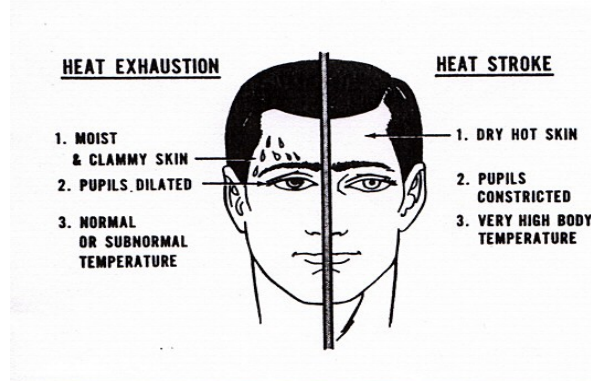
HEAT ILLNESS

Heat-related health problems can be very serious. Even when all efforts are made to ensure safe working conditions, it's not always possible to regulate temperature—or to predict individual reactions to heat. Tolerance for heat varies greatly among people, although no one is entirely immune to heat stress problems. Two heat illnesses are **heat exhaustion**, and the most serious **heat stroke**.

I. Causes of Heat Illness:

- Excessive loss of body fluids
- The risk of becoming a heat illness victim increases with:
  - Medication
  - Age
  - Obesity
  - Poor physical condition
  - Insufficient liquid intake
  - Poor diet
  - Lack of being accustomed to the work and temperature.

II. Types of Heat Illness



**HEAT EXHAUSTION  
Signs & Symptoms**

Sweating, nausea, headache, weakness, vomiting, diarrhea, fast pulse, dizziness, fainting, muscle cramps, and labored breathing.

**First Aid**

Move out of the sun and to cooler area, loosen clothing, cool by wetting clothing or by applying cool compresses, and fanning, drink cool (not iced) water or Gatorade, lie down and elevate feet.

**HEAT STROKE  
Signs & Symptoms**

High temperature and dry skin, rapid breathing and pulse, the victim may appear disoriented and confused, with headache and nausea, vomiting, diarrhea, seizures, and the possibility of a coma and/or death.

**First Aid**

This is **serious**, so move to a cooler area, call an ambulance, remove outer clothing, and apply cool water to the entire body, fan the victim to increase cooling until professional help arrives

**PREVENTION—Beat the Heat**

Drink plenty of water and/or Gatorade-type drink---don't wait until your thirsty (avoid caffeine).

Wear loose, light colored, lightweight clothing.

Watch your diet-Eat a well-balance meal, but keep it light.

Do not over-exert during peak temperature periods.

Get adequate sleep